

Stroke Recovery Video Library

HealthClips™ Video Library: allinahealth.healthclips.com



- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Click on the video.

Use the QR code at left to access the entire video library.

**A stroke is a medical emergency!
Call 911 if you or someone you
are with has any signs of a stroke.**

Stroke Recovery: Common Speech and Communication Challenges



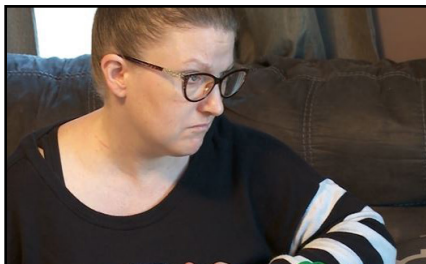
Watch this [video](#) to learn how rehabilitation and coping strategies can help improve your speech and communication over time.

Stroke Recovery: Emotional and Behavioral Challenges



Watch this [video](#) to learn strategies for coping with emotional distress, and how caregivers can help their loved ones.

Stroke: Emotions and Support



Watch this [video](#) to learn how to deal with feelings of frustration.

Stroke Recovery: Navigating Physical and Occupational Therapy



Watch this [video](#) to learn how physical and occupational therapy can help during your recovery.

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☐ Stroke: Financial Concerns



Watch this [video](#) to learn what resources may be available to help with your medical bills.

☐ Stroke Recovery: Living With a Disability After a Stroke



Watch this [video](#) to hear from stroke survivors and their caregivers about their challenges and how they cope.