



**American
Stroke
Association.**

*A division of the
American Heart Association.*

STROKE RESOURCE LIST FOR PATIENTS

Learn more at stroke.org
1-888-4-STROKE (1-888-478-7653)

Preventing a First Stroke

Explaining Stroke: A practical step-by-step booklet that explains how a stroke happens, different types of stroke and how to prevent a stroke. [View PDF.](#)

Understanding Stroke Risk: Learn about stroke risk factors that you can and cannot control. Brochure. [View PDF.](#)

Let's Talk About Lifestyle Changes to Prevent Stroke:

A healthy lifestyle plays a big part in decreasing risk for disability and death. [View PDF.](#)

Things You Should Know: Your risk for stroke and how to be prepared. Brochure. [View PDF.](#)

What Causes Stroke: [View Video.](#)

Stroke Risk Assessment: Evaluate your personal risk for stroke with this easy-to-use tool. [View PDF.](#)

What's at the Heart of My Cryptogenic Stroke: A patient guide to understanding strokes of unknown cause. Brochure. [View PDF.](#)

The Known and Unknown of Stroke: Infographic. [View PDF.](#)

Heat Stroke vs Stroke: Infographic. [View PDF.](#)

Treat Stroke F.A.S.T. [View Video.](#)

Improve Brain Function. Reduce Stroke Risk: [View Video.](#)

Brain Health and Healthy Aging: Infographic. [View PDF.](#)

Spot a Stroke F.A.S.T.: A health lesson. [View PDF.](#)

Preventing Another Stroke

I AM DETERMINED to Prevent Another Stroke:

[View PDF.](#)

[View Video.](#)

What to Do Instead of Having Another Stroke: Checklist for patients. [View PDF.](#)

Taking Steps to Prevent Another Stroke: Learn how you can reduce your stroke risk. [View PDF.](#)

Stroke Risk Management

High Blood Pressure Increases Risk of Stroke: Infographic. [View PDF.](#)

Women Face Higher Risk of Stroke: Infographic. [View PDF.](#)

Living with Atrial Fibrillation: A guide to living healthy with AFib. Brochure. [View PDF.](#)

AFib Can Happen to Anyone: Infographic. [View PDF.](#)

Let's Talk About Carotid Endarterectomy: Fact Sheet. [View PDF.](#)

Let's Talk About Anticoagulants and Antiplatelet Agents: Fact Sheet. [View PDF.](#)

Let's Talk About the Connection Between Diabetes and Stroke: Fact Sheet. [View PDF.](#)

Diabetes and Stroke Risk: What You Need to Know. [View Video.](#)

Medication Tracker: [View PDF.](#)

My Blood Pressure Log: [View PDF.](#)

Glucose Tracker: [View PDF.](#)

Post-Stroke

Life After Stroke Guide: Information for survivors and caregivers to navigate life after stroke. View PDF.

HOPE: The Stroke Recovery Guide will help you and your family navigate your recovery journey. View PDF.

Making Rehabilitation Decisions: A guide to help make the best decisions for you or your loved one's rehabilitation. View PDF.

Making Stroke Rehabilitation Decisions: View Video.

Stroke Rehabilitation Planning List: Making good decisions begins with asking good questions. View PDF.

What to Expect from Stroke Rehabilitation: Checklist. View PDF.

Daily Home Care Guide: View PDF.

Financial Guide After Stroke: View PDF.

Caregiver's Guide to Stroke: Practical tips and resources for new caregivers. View PDF.

Post Stroke Exercise Videos: Library of exercises you can perform at home. Link to Page.

Simply Good: A cookbook for stroke survivors and their families. View PDF. View Videos.

Let's Talk About Stroke: Series of downloadable patient information sheets. Link to Page.

Spasticity Education Initiative: Patient resources and tools. Spasticity Checklist - View PDF. Spasticity Treatment Dialogue - View PDF. Spasticity Infographic - View PDF.

Stroke Support Group Leader Lesson Modules: Fully developed topics for group meetings, including a presentation, discussion guide, video and handouts. Link to Page.

Stroke and Kids

Healthy Diet Habits for Kids: Infographic. View PDF.

Let's Talk About Children and Stroke: Fact Sheet. View PDF.

Pediatric Stroke: Infographic. View PDF.

Perinatal Stroke: Infographic. View PDF.

Kids Stroke Prevention Quiz: View PDF.

Kids Stroke Word Finder: View PDF.

Resources in Spanish

Explicando el ataque cerebral (Explaining Stroke): Brochure. View PDF.

Qué hacer en lugar de tener otro ataque cerebral (What to Do Instead of Having Another Stroke): Infographic. View PDF.

La vida tras un ataque cerebral (Life After Stroke) Guide: View PDF.

ESTOY decidido a prevenir otro ataque o derrame cerebral (I AM DETERMINED to Prevent Another Stroke): View PDF. View Video.

Trate el ataque o derrame cerebral F.A.S.T. (Treat Stroke F.A.S.T.): View Video.

Mejora tu función cerebral. Ayuda a prevenir un ataque o derrame cerebral. (Improve Brain Function. Reduce Stroke Risk): View Video.

Simplement Bueno: Un libro de recetas para quienes han sobrevivido a un ataque o derrame cerebral y para sus familias. (Simply Good: A cookbook for stroke survivors and their families. View PDF. View Videos.

F.A.S.T. es como juntos acabaremos con los ataques cerebrales (F.A.S.T.: Together We Can End Stroke): Infographic. View PDF.

Recursos en Español (Resources in Spanish): Link to Page.