

The Road to Recovery: Tips & Advice for Youth With Stroke

Going through a stroke can make you feel worried, sad, confused, and angry. You are not alone. This handout shares tips and advice from kids and teens who had a stroke. We hope you and your family will find these words helpful.



Surround Yourself With Supportive People

"If you have the right, good support system, everyone cheering you on, you'll be able to push through."

"Make sure that there's a lot of people around you that love you."

"Find [your] own community. ... Find someone to go through it together."

"Find someone you can talk to, who will really care about you. ... You can go to a psychiatrist or a psychologist. ... If you feel overwhelmed, you know, talk to someone about it, don't just take it on as a burden."

"Make sure to tell people who need to know, like the school ... because they can help. Because if they don't know, they can't do anything."

Work Hard & Stay Motivated

"Say yes to every single thing the therapists are telling you to do. ... They know how to help you."

"Stay strong and motivated."

"I would say that even if it's hard or it gets boring, to do the physio... because with each time you do it, it will get easier."

"Push yourself to the limit and do the best you can. And yes, sometimes it's going to be hard, and yes you could fail at some things, but it's natural because you can't succeed unless you fail once in a while."



Expect Changes

"You're gonna face some difficulties and not be able to do things other kids can do, but that's okay. ...You're you and you don't have to be like everyone else."

"It might change your health, and sports, if you play any sports, or like any physical stuff, it might change. Also, your emotions might change."

"You're gonna come out a new person and you're gonna be stronger. ... You won't be the person you were before, and that's not a bad thing."

Do Things You Enjoy

"Find new things to enjoy. I've played sitting volleyball ... and then I started the golf. So just, you gotta find new things to love and keep yourself entertained."

"Just try to make sure you still do everything that you enjoyed doing before your stroke to make it a little more normalized."

"Comedy can be a really big relief. ... I watch funny stuff. That really, really helps me."

Take It Day-By-Day

"Don't worry so much about the future, just worry about the moment."

"Have patience. It might seem really, really frustrating at times, but if you have patience and try different things, it will ... work out."

"Your emotional recovery is really important, as much as your physical recovery. ... You'll have moments where you'll have pitfalls and you'll feel really emotional as to what happened."

"Just take your time. It takes time to recover. ... You'll feel slow, but you'll eventually get there."