

# Managing Daily Activities After Stroke

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A stroke can make everyday activities challenging. Tasks that you have done routinely like getting dressed, making a meal, and bathing now require time, attention and sometimes assistance after a stroke. Below are some tips you may find useful to manage your daily activities after a stroke:

## How can I manage physical tasks?

- Take rest breaks during routine tasks.
- Be sure to rest before becoming overly tired.
- Eliminate non-essential tasks.
- Delegate difficult tasks to others.
- Gather all supplies before beginning an activity.
- Use a cart, walker tray or bag to safely move items.
- Keep items in easy-to-reach and convenient locations.
- Use a reacher to avoid bending or stooping.
- Slide objects across a surface instead of lifting them to reduce your risk for a fall or a back injury.
- Sit while performing tasks.
- Use electric devices instead of manual devices to decrease the amount of energy you use.

## How can I manage organizing and planning (cognitive) tasks?

- Maintain a regular routine.
- Use a checklist or daily planner.
- Use a pill organizer to manage your medications.
- Use alarms to remember important events such as taking medications or going to appointments.

