

- ☐ Physical therapist (PT)
- ☐ Occupational therapist (OT)
- ☐ Speech-language pathologist (SLP)
- ☐ Rehabilitation physician / physiatrist
- ☐ Rehabilitation nurse
- ☐ Social worker / case manager
- ☐ Other

Therapy Schedule

Day / Time	Therapy / Provider	Location	Transportation / Notes

Before the Therapy Appointment

Something easier since the last visit

Something harder

Something frustrating

Something the person wants to do

Questions

After the Therapy Appointment

What did we learn?

Recommendations

Home activities assigned by the professional

Assistance I should provide

Assistance I should NOT provide

Something requiring clarification

Professionally Recommended Home Activities

Activity	Recommended By	How Often	Assistance / Instructions

Help - But Don't Automatically Take Over

Support professionally recommended activities without inventing exercises or pushing beyond professional guidance.

Did they ask for help?

Can they complete part of the activity?

Would more time help?

What level of assistance was recommended?

What should I ask the therapist?

Ask: “How Would You Like Me to Help?”

Something they prefer to do without help

Something they want help with

Something we disagree about

Something to ask the therapist

Between Therapy Visits

What I notice

What the person tells me

Something easier

Something harder

What the therapist should know

Tracking Assistance Over Time

Activity	Full Help	Some Help	Supervision / Reminder	Independent

Something that varies - when it seems easier - when it seems harder - a pattern worth noticing

Rehabilitation Milestones

Milestone 1 - date, what happened, why it mattered

Milestone 2

Milestone 3

Milestone 4

When Progress Feels Slow

What feels frustrating?

What is the person still working toward?

What improvement might we be overlooking?

Question for the rehabilitation team

Supporting Motivation Without Creating Pressure

The person recovering from a stroke is still a person - not a rehabilitation project.

What seems motivating?

What creates pressure?

Something enjoyable unrelated to therapy

Something we can enjoy together

Therapy Questions

Questions for PT

Questions for OT

Questions for SLP

Questions from the person recovering

Questions from the caregiver

Therapy & Rehabilitation Reflection

Something improved

Something difficult

Something requiring less assistance

What the person wants next

What I have learned about helping appropriately

Something I may need to stop automatically doing
