

Where We Started • Where We Are Today

When recovery began...

The biggest concerns were...

What has changed?

What is easier?

What still requires assistance?

What does the person say has improved?

Then & Now

Area	Then	Now

Independence Snapshot - Today

Activity	Full Help	Some Help	Supervision / Reminder	Independent

Progress We Almost Didn't Notice

A small improvement

Something requiring less help

A communication change

A routine that became easier

A caregiver responsibility that decreased

Recovery Milestones

Milestone 1 - date / what happened / why it mattered

Milestone 2

Milestone 3

Milestone 4

- ☐ Asking for less help
- ☐ Making a decision
- ☐ Participating socially
- ☐ Communicating a need

- ☐ Completing part of an activity
- ☐ Returning to an interest
- ☐ Handling frustration differently
- ☐ Caregiver stepping back appropriately

What Progress Matters to You?

What are you proud of?

What feels better?

What do you want to do next?

What progress matters most to YOU?

What Hasn't Changed Yet?

Not every ability changes on the same timeline, and not every goal has to look the same as it did before stroke.

What remains difficult?

What remains frustrating?

What requires help?

What should we ask professionals about?

Adapting Can Also Be Progress

Something we've adapted

How it helped

Something we are still figuring out

A new way of participating that matters

What Does the Person Want Next?

Something they want to do independently

Something they want to do with less help

Something they want to return to

Something they want to enjoy

Something to discuss with the rehabilitation or healthcare team

Our Next Goal

A goal gives you something meaningful to work toward. It can be large or small and should reflect what matters to the person recovering.

Our goal

Why it matters

What can already be done?

What help is needed?

Who can guide us?

First step

Another Goal

Another goal can focus on a different part of daily life, participation, communication, independence, or enjoyment.

Our goal

Why it matters

What can already be done?

What help is needed?

Who can guide us?

First step

What Should I Continue Helping With?

Activity

Why help is still needed

Current level of assistance

Professional guidance to remember

What Can I Stop Doing?

Something I used to need to do

Something now requiring less help

Something the person can try

Something I still do out of habit

Something I'm ready to step back from

How Has My Caregiving Role Changed?

Then

Now

Responsibilities added

Responsibilities reduced

What became easier?

What might change next?

- ☐ More independence
- ☐ More normal routine
- ☐ More time outside
- ☐ More visitors
- ☐ More privacy
- ☐ More activities

- ☐ More laughter
- ☐ More rest
- ☐ More help
- ☐ More time apart
- ☐ More time together
- ☐ Other

Life Beyond Stroke

What matters to us besides recovery?

People and relationships

Interests and traditions

Places and plans

Something we want stroke recovery to make room for - not replace

Our Next Chapter

What are we looking forward to?

What do we want to try?

Where would we like to go?

What would make everyday life better?

A Message From the Person Recovering

Something I want you to know...

Something we need now • Something we're proud of:

Closing Reflection

Where did we start?

How have things changed?

What are we proud of?

What still needs attention?

What have we learned about helping and independence?

What do we want next?

Recovery is part of the story. It doesn't have to become the whole story.