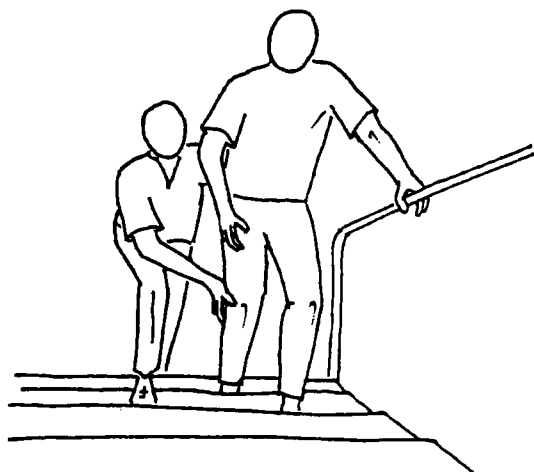


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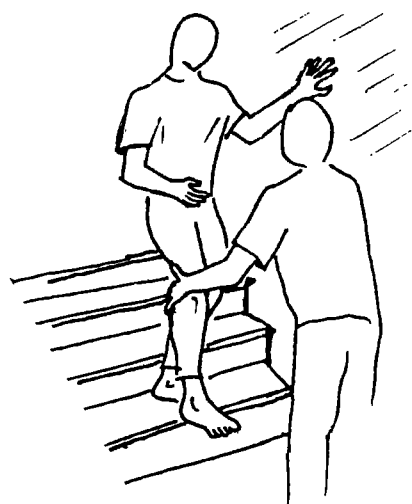
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# **PROMOTING INDEPENDENCE FOLLOWING A STROKE**

**A Guide for  
Therapists and Professionals working in Primary Health Care**



**Disability and Rehabilitation  
World Health Organization**



**AIFO  
Associazione Italiana Amici  
di Raoul Follereau**

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# FOREWORD

The first edition of this manual was prepared by Mr Lorenzo Carrero, a Consultant with the Italian Association, Amici di Raoul Follereau (AIFO) in response to a need expressed within community-based rehabilitation programmes. The manual was successfully used in Mongolia, Vietnam and Indonesia providing up-to-date training for therapists acting as referral persons for professionals in primary health care (PHC). AIFO, as an international NGO in official relations with WHO, proposed that the Disability and Rehabilitation Team adopt the text as a joint publication.

Before accepting the proposal the manual was sent by WHO for comments to a selected number of professionals who expressed their appreciation and recommended a wider distribution. Based on those comments the text was revised by the author. We wish to express our gratitude to our good friend, Lorenzo for his dedication and commitment, to Dr Ann Goerdts and to all the other reviewers and to Sarah Lacey for editing.

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## ABOUT THIS GUIDE

### The purpose of this Guide

There is much that can be done to help someone who has had a stroke. With training and encouragement the individual can regain movement and become more independent. This Guide contains advice on how you can plan and carry out a rehabilitation programme. It includes training suggestions on how to promote independence in all aspects of daily life. It describes activities for lying in bed, sitting, standing, walking, transferring, using the paralysed limbs and doing daily living tasks. The importance of self-care is also stressed.

### Who is the Guide for?

This Guide can help doctors and nurses working in hospitals. It stresses the need for early correct positioning to promote recovery from a stroke.

The Guide can help therapists to train Mid-Level Rehabilitation Workers (MLRWs). MLRWs can then use the Guide in their work. They can follow the training suggestions when assisting hospital and community based rehabilitation staff in the handling and early treatment of someone who has had a stroke.

This Guide can also help people who have had a stroke, their families and members of their community. Using the information in the Guide, rehabilitation workers can teach them to take an active part in the rehabilitation process.

### The aim of rehabilitation

Independence does not mean that someone who has had a stroke must learn to do everything by himself or herself. The person must be given every chance of returning to a normal life, doing as much as possible without assistance, despite some residual limitations. The aim of rehabilitation is to develop a level of **functional independence** not only in a sheltered environment such as a hospital but especially at home and in the community.

Although this Guide focuses on training activities to overcome the immediate physical disability, other problems that may be present are taken into account. Thus, treatment should be specifically designed to address all aspects of the person's loss rather than the more obvious motor and sensory loss. Always remember that someone who has had a stroke is an individual with his or her own motivation, interests and abilities.

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