Practical Support for Life After Stroke

Stroke recovery can feel overwhelming, particularly after leaving hospital.

Our information booklets provide clear, practical guidance to support working-age stroke survivors and their families beyond the clinical setting.

Covering everything from early recovery through to longer-term challenges, these resources explore physical changes, fatigue, emotional wellbeing, and navigating life after stroke — all grounded in real survivor experiences.

Scan to order

- Help stroke survivors and their families understand recovery
- Are available in print and digital formats
- Free to stroke survivors and their families



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Different Strokes
Reclaiming lives after stroke

Different Strokes is a registered charity in England and Wales (1092168) and Scotland (SC044190)