

# Stroke – The Path to Recovery

Every 40 seconds, a person in the United States has a stroke. Stroke is the leading cause of disability in the United States and affects around 700,000 Americans each year. Because stroke can cause long-term disability, quick treatment and a clear path to recovery are very important. The type and quality of care and rehabilitation a person receives can affect their long-term success.

Rehabilitation is critical for stroke patients. For people who join a rehabilitation program, 52% found significant improvements in walking, everyday function and quality of life. **Recovery can take years, but the most rapid progress usually occurs during the first three months after a stroke.**

Below, you'll find the path to recovery. It's a guide for stroke patients on the options they have for recovery and rehabilitation. If you have questions about what's best for you or a loved one, speak with your care team.



## The path to recovery begins with 911 and an ambulance.



## And continues in a hospital.

### Sutter Health Network Stroke Centers

- Certified stroke centers are hospitals that provide a higher level of stroke care. If needed, you may be transferred from a community hospital to a Sutter network certified stroke center.
- 16 hospitals in the Sutter network are certified stroke centers.

### Advanced Stroke Care

- Some patients with more critical needs may need care at one of the Sutter network's advanced stroke centers.

## Then comes the first step in rehabilitation.



### Inpatient Rehabilitation Facility (IRF)

- For patients with more intensive needs. Therapies occur up to five days a week with frequent doctor visits. Many other services are provided.
- 4 Sutter network IRF centers – 3 are CARF\* accredited for Stroke Rehabilitation.



### Outpatient (OP) Rehab

- For patients who can live at home and travel to the OP facility. Multiple therapies are offered, such as physical therapy, occupational therapy and speech therapy.
- 16 Sutter network OP clinics.



### Skilled Nursing Facility (SNF)

- For patients with less intensive rehabilitation needs. Therapies and care are led by skilled nurses with occasional doctor visits.
- SNFs are typically offered outside the Sutter network, but the Sutter network works closely with them.



### Sutter Care at Home (SCAH)

- SCAH clinicians provide nursing services along with physical, occupational and speech therapy to patients in the comfort and privacy of their home.
- SCAH Home Health cares for over 38,000 patients in their own homes across 27 counties in Northern California every year.

## And after rehabilitation, recovery continues at home.

Not all strokes are the same. Each person's path through rehabilitation is tailored to their specific needs. Rehabilitation helps each person relearn skills that were lost and improve overall strength, confidence and the ability to continue daily activities. After rehabilitation, the Sutter network offers stroke survivor support groups and camps for continued healing opportunities.



To learn more about how the Sutter network cares for stroke patients, visit [sutterhealth.org/stroke](https://sutterhealth.org/stroke).

\*Commission on Accreditation of Rehabilitation Facilities – Accreditations from this organization relate to the overall high quality care each facility delivers.