

POST-STROKE QUIZ

Complete the quiz below to help guide your discussion about your physical challenges with your family doctor. This will help ensure you are getting the most appropriate referral.

Select only one answer per question.

1. Since your stroke or last assessment, are you finding it more difficult to walk or move safely from your bed to a chair?

Never Sometimes Often Almost always

2. Do you have difficulty getting outside?

Never Sometimes Often Almost always

3. Do you have difficulty washing and/or bathing?

Never Sometimes Often Almost always

4. Do you have difficulty preparing hot drinks and/or meals?

Never Sometimes Often Almost always

Talk to your doctor to see if
specialist care is right for you.