

## HOW IS DAILY LIFE

Stroke can affect:

- Movement and balance
- Speech and language
- Memory and thinking
- Vision
- Emotional health

Recovery varies widely depending on severity and location.

## SUPPORTIVE STRATEGIES

- Encourage rehabilitation exercises
- Provide mobility support
- Use simple communication
- Create a safe home environment
- Offer emotional reassurance

## WHEN TO SEEK HELP

Immediately

Stroke symptoms are always an emergency.



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**D.A.P.S.**

**Circle of Hope Foundation**

**Visit:**

[www.DAPSFnd.org](http://www.DAPSFnd.org)

**Call:**

(302)781-2881

**Email:**

[Info@DAPSFnd.org](mailto:Info@DAPSFnd.org)

**Send Mail to:**

D.A.P.S. Circle of Hope Foundation

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Not medical advice or diagnosis.

Information is general public knowledge.

Please consult a licensed healthcare professional for medical concerns.

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A SIMPLE GUIDE FOR  
FAMILIES & CAREGIVERS

# UNDERSTANDING STROKE



# WHAT IS STROKE?

A stroke occurs when blood flow to the brain is blocked or when a blood vessel ruptures. Without oxygen, brain cells begin to die within minutes. Stroke is a medical emergency that requires immediate attention.

## Key Signs and Symptoms

- Sudden weakness or numbness on one side
- Trouble speaking or understanding
- Sudden vision loss
- Severe headache
- Dizziness or loss of balance

## Who It Commonly Affects

Stroke can affect anyone, but risk increases with age, high blood pressure, diabetes, smoking, and heart disease.

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## Types of Stroke

Embolic stroke

Ischemic stroke

Thrombotic stroke

Hemorrhagic stroke

Intracerebral hemorrhage

Subarachnoid hemorrhage

Transient ischemic attack (TIA)

## Remember FAST

Face drooping

Arm weakness

Speech difficulty

Time to call 911

## How It's Identified

CT scan

MRI

Blood tests

Neurological exam

Healthcare professionals may use these tools help determine the type and cause of symptoms.

## How We Help



Our *Community Awareness, Resources & Education Circle* provides resource bags and accessible information that help families learn about D.A.P.S. conditions and spread awareness in the community.



Our *CareLink Program* helps individuals and families locate trusted care providers and services tailored to their D.A.P.S.-related needs.



Our *HopeMail* is a confidential, safe space where people can talk freely and receive much-needed companionship from our Hope Ambassadors, especially for those who may have no one else to talk to.

and more!!!!!!!!!!