SURVIVOR MEDIA GROUP

EDUCATE • EMPOWER • ELEVATE

Survivor Toolkits

A COMPLETE RESOURCE LIBRARY

# 1 DISABILITY BENEFITS CHEAT SHEET 2026

## U.S. FEDERAL EDITION FOR STROKE SURVIVORS

KNOW YOUR RIGHTS • ACCESS SUPPORT • BUILD A STRONGER TOMORROW




## 1 WHO MAY QUALIFY?

DIFFERENT PROGRAMS SERVE DIFFERENT SITUATIONS. YOU MAY QUALIFY FOR ONE OR MORE.

**SSDI**
Social Security Disability Insurance
For workers who have a qualifying work history and a disabling condition.

**SSI**
Supplemental Security Income
For people with limited income and resources who are disabled, blind, or 65+.

**VA DISABILITY / TDIU**
For eligible veterans with disabilities. TDIU may provide benefits at the 100% rate.

**FERS DISABILITY**
For eligible federal employees who cannot continue working due to a medical condition.

**FECA / OWCP**
For federal employees with work-related injuries or illnesses (including stroke).

**EMPLOYER STD / LTD**
Short-term or long-term disability benefits through your employer's insurance plan.

**STATE PROGRAMS**
Additional programs and benefits may be available through your state.

## 2 CAN BENEFITS OVERLAP?

YES. MANY PROGRAMS CAN BE RECEIVED TOGETHER, BUT SOME MAY AFFECT OTHERS.

- = **Generally compatible**
  Can usually be received at the same time.
- = **Possible, but payment can change**
  One benefit may reduce or affect the amount of another.
- = **Usually not together / may require election**
  Generally cannot be received together or you may need to choose one.

## 3 COMMON PAIRINGS

HERE ARE COMMON COMBINATIONS FOR STROKE SURVIVORS.

| | |
|---|---|
| SSDI + VA Disability | Generally yes. |
| SSDI + SSI | Possible, but SSI may be reduced. |
| SSI + VA Disability | Possible, but SSI may be reduced. |
| SSDI + Private LTD | Usually yes, but the policy may offset its own payment. |
| SSDI + Workers' Compensation | Caution; 80% rule may apply. |
| SSDI + FERS Disability | Caution; FERS may be reduced. |
| FERS Disability + FECA | Usually choose one. |
| VA Pension + VA Disability | Not paid together. |

## 4 2026 QUICK NUMBERS

KEY FEDERAL AMOUNTS FOR PLANNING (U.S.)

| | | |
|---|---|---|
| SSI Individual **$994** per month | SSI Couple **$1,491** per month | SSI Resources **$2,000 / $3,000** individual / couple |
| SGA Non-Blind **$1,690** per month | SGA Blind **$2,830** per month | Trial Work Period **$1,210** per month |

## 5 BEFORE YOU APPLY

TAKE THESE STEPS TO STRENGTHEN YOUR APPLICATION.

1. **List all benefits.** Identify everything you are receiving or plan to apply for.
2. **Gather medical evidence.** Include records, test results, treatment history, and provider statements.
3. **Track functional impact.** Document how your condition affects daily activities, work, and independence.
4. **Ask about offsets.** Find out how one benefit may affect another before you apply.
5. **Keep copies of every letter.** Save applications, decisions, and all correspondence.

Educational information only.
Verify current rules with the responsible agency.

*Survivors See Possibilities.*

SURVIVOR MEDIA GROUP

SURVIVOR MEDIA GROUP

EDUCATE • EMPOWER • ELEVATE

# Survivor Toolkits

A COMPLETE RESOURCE LIBRARY

# 2 UNDERUSED RESOURCES AFTER STROKE 2026

## U.S. EDITION

HIDDEN HELP. REAL SOLUTIONS. • A STRONGER TOMORROW.




**A disability check is only one part of recovery.**
Many stroke survivors also qualify for or services, supports, accommodations, and community resources.

## 1 ASK YOUR DOCTOR FOR

SPECIALIZED EVALUATIONS CAN OPEN DOORS TO MORE SUPPORT.

| OT / PT / SLP Re-evaluation | Neuropsychology | Neuro-Ophthalmology / Low-Vision Rehab | Fatigue & Sleep Evaluation | Pain & Continence Support | Driver Rehab or Fall-Risk Assessment |
|---|---|---|---|---|---|
| Request updated therapy evaluations to identify new needs and goals. | Evaluation for memory, thinking, mood, and cognitive changes. | Assessment and treatment for vision changes after stroke. | Address stroke-related fatigue, sleep disorders, and energy management. | Evaluation and treatment for ongoing pain, bladder or bowel challenges. | Determine if it's safe to drive and/or get a fall-risk assessment for home and community safety. |

## 2 ASK YOUR INSURANCE FOR

YOUR HEALTH PLAN MAY OFFER MORE THAN YOU REALIZE.

| Case Management | Additional Therapy Authorization | Home Health Services | Durable Medical Equipment (DME) | Transportation Benefits / Second Opinions |
|---|---|---|---|---|
| Get a dedicated case manager to help coordinate your care and benefits. | Request more therapy visits when medically necessary. | Skilled nursing, therapy, or personal care at home. | Walkers, wheelchairs, bath equipment, communication devices, and more. | Ask about transportation coverage and coverage for second opinions. |

## 3 ASK LOCAL / STATE AGENCIES FOR

COMMUNITY PROGRAMS CAN PROVIDE ESSENTIAL SUPPORT.

| Paratransit Services | Vocational Rehabilitation | Blind / Low-Vision Services | Medicaid Waivers or Attendant Care | Home Modifications | Housing or Meal Assistance |
|---|---|---|---|---|---|
| Accessible transportation for medical appointments and daily living. | Job training, career counseling, and help returning to work. | Training, devices, and support for independence with vision changes. | In-home care services and long-term supports for those who qualify. | Ramps, bathroom changes, and other accessibility improvements. | Programs for affordable housing, utility help, or nutritional support. |

## 4 ASK YOUR EMPLOYER FOR

YOU MAY QUALIFY FOR WORKPLACE SUPPORTS AND PROTECTIONS.

| ADA Accommodations | Modified Schedule | Telework Options | Extra Breaks | Ergonomic or Assistive Technology |
|---|---|---|---|---|
| Request reasonable accommodations for your disability-related needs. | Flexible hours or reduced schedule during recovery. | Work from home when possible to support your health and energy levels. | Additional rest breaks for fatigue, medications, or medical needs. | Adaptive equipment to help you work safely and productively. |

## 5 BIGGEST MISSED OPPORTUNITIES

MANY SURVIVORS DON'T REALIZE THESE RESOURCES EXIST.

| Low-Vision Rehab | Home-Safety Evaluation | Assistive Technology | State Vocational Rehabilitation | Caregiver Respite |
|---|---|---|---|---|
| Specialized training and tools can dramatically improve independence. | Professional assessments can prevent falls and make daily living easier. | Devices and apps can help with communication, mobility, memory, and daily tasks. | Many survivors can get help returning to work or finding new opportunities. | Temporary care gives caregivers a much-needed break and supports long-term recovery for everyone. |

## 6 NEXT STEPS

TAKE ACTION TO UNLOCK THE SUPPORTS YOU DESERVE.

1. **Identify your biggest daily barrier.**
   Think about what would help you most right now.
2. **Ask in writing.**
   Submit written requests to your doctor, insurer, employer, or local agency.
3. **Keep copies of approvals and denials.**
   Save letters, emails, and notes for your records.
4. **Follow up consistently.**
   Check on the status of your requests and don't be afraid to ask again.
5. **Build a resource folder.**
   Keep all information, contacts, and documents together in one place (paper or digital).

Educational information only.
Verify local eligibility and program rules.

*Survivors See Possibilities.*

SURVIVOR MEDIA GROUP

SURVIVOR MEDIA GROUP
EDUCATE • EMPOWER • ELEVATE

Survivor Toolkits
A COMPLETE RESOURCE LIBRARY

# 3 MY RECOVERY COMMAND CENTER 2026

## PLANNERS & WORKSHEETS

PLAN. TRACK. STAY ORGANIZED. TAKE BACK YOUR TOMORROW.



PLAN TODAY
HEAL TOMORROW
STRONGER ALWAYS

LESS STRESS | BETTER CARE | REAL PROGRESS | A STRONGER YOU

## 1 DAILY DASHBOARD
TRACK THE BASICS. SEE YOUR PATTERNS.

- **Medications** — Track what you take and when.
- **Symptoms** — Log symptoms and changes over time.
- **Energy / Fatigue** — Rate your energy levels each day.
- **Mood** — Track how you're feeling emotionally.
- **Hydration / Nutrition** — Log water intake and meals.
- **Wins of the Day** — Celebrate progress big and small.

## 2 MEDICAL APPOINTMENTS
BE PREPARED. STAY INFORMED.

- **Upcoming Appointments** — Keep dates, times, locations and provider names.
- **Questions for Providers** — Write down questions before your visit.
- **Test / Imaging Log** — Track labs, scans and results.
- **Provider Contact List** — Keep phone numbers, portals and office details.
- **Follow-up Tasks** — Log next steps, referrals and to-dos.

## 3 REHAB & PROGRESS
TRACK YOUR EFFORTS. MEASURE YOUR GAINS.

- **PT / OT / SLP Goals** — Set goals for your therapies.
- **Home Exercise Tracker** — Log exercises and frequency.
- **Walking / Mobility Notes** — Track distance, balance and mobility improvements.
- **Vision / Cognition Notes** — Note changes in vision, memory, focus and thinking.
- **Pain Levels** — Rate pain and what helps.
- **Milestone Tracker** — Celebrate progress and new abilities.




*Your recovery is easier to manage when everything lives in one place.*

## 4 HEALTH LOGS
KEEP KEY METRICS IN ONE PLACE.

- **Blood Pressure** — Track your readings and trends.
- **Blood Sugar** — Log your levels and notes.
- **Sleep** — Track sleep duration and quality.
- **Weight** — Monitor your weight over time.
- **Side Effects** — Note any medication side effects.

## 5 SAFETY & EMERGENCY INFO
BE READY. KEEP IT ACCESSIBLE.

- **Diagnoses** — List your current conditions.
- **Allergies** — Note medication, food and other allergies.
- **Medications List** — Keep an up-to-date list with dosages.
- **Emergency Contacts** — List family, friends and caregivers.
- **Transportation Plan** — Plan for appointments, therapy and emergencies.

## 6 MONTHLY RESET
REFLECT. PLAN. STAY ON TRACK.

- **Review What Is Improving** — Look at progress and positive changes.
- **Update Goals** — Adjust goals based on your current needs.
- **Organize Records** — File new results, visit notes and documents.
- **Refill Medications** — Request refills before you run out.
- **Schedule Needed Care** — Book upcoming appointments and therapy sessions.

Educational planning tool only.
Customize for your own care.

*Survivors See Possibilities.*

SURVIVOR MEDIA GROUP

SURVIVOR MEDIA GROUP

EDUCATE • EMPOWER • ELEVATE

# Survivor Toolkits

A COMPLETE RESOURCE LIBRARY

# 4 ASK FOR IT 2026

## 100 THINGS STROKE SURVIVORS CAN REQUEST

***Self-advocacy. Real support. A stronger you.***

KNOW YOUR RIGHTS • ACCESS SUPPORT • BUILD A STRONGER TOMORROW



INFORMATION
SUPPORT
STRONGER FUTURES

## 1 AT THE DOCTOR

ASK FOR THE CARE YOU NEED.

- **More therapy.** Request additional physical, occupational, or speech therapy.
- **Referrals to specialists.** Ask for neurologists, physiatrists or other specialists.
- **Low-vision rehabilitation.** Request an evaluation and vision rehab services.
- **Neuropsychology.** Ask for cognitive testing and support for memory, attention and problem-solving.

## 2 FROM YOUR INSURANCE

USE YOUR BENEFITS.

- **Case management.** Request a case manager to help coordinate your care.
- **Home health services.** Ask for nursing, therapy or a home health aide.
- **Durable medical equipment (DME).** Request items like walkers, wheelchairs, bathroom equipment and communication devices.
- **Transportation benefits.** Ask about rides to medical appointments and therapies.

## 3 AT WORK / SCHOOL

KEEP LEARNING. STAY ENGAGED.

- **Reasonable accommodations.** Ask for the supports you need to perform your job or schoolwork.
- **Modified schedule.** Request flexible hours or reduced workload when needed.
- **Remote options.** Ask if you can work or attend classes from home.
- **Extra time or written instructions.** Request additional time for tests, assignments or tasks, and ask for information in writing.

## 4 FROM GOVERNMENT AGENCIES

DISCOVER AVAILABLE PROGRAMS.

- **Paratransit services.** Ask about accessible transportation in your area.
- **Vocational Rehabilitation (VR).** Request job training, education and return-to-work support.
- **Disability benefits.** Apply for programs like Social Security Disability (SSDI/SSI) if eligible.
- **Meal or housing help.** Ask about SNAP, housing assistance or other local programs.

## 5 FOR HOME & DAILY LIVING

CREATE A SAFER, EASIER HOME.

- **Grab bars / home modifications.** Request home safety evaluations and modifications.
- **Shower aids.** Ask for shower chairs, handheld showerheads and other adaptive equipment.
- **Medication systems.** Request pill organizers, automatic reminders or pharmacist support.
- **Meal support.** Ask about meal delivery services or nutrition programs.

## 6 FOR CAREGIVERS & FAMILY

GET SUPPORT TOO.

- **Respite care.** Ask for short-term respite services to take breaks and recharge.
- **Caregiver training.** Request training on safe transfers, medication management and stroke care.
- **Support groups.** Ask for caregiver and family support groups (in-person or online).
- **A communication plan.** Request clear communication among all caregivers, providers and family members.

## 7 HOW TO ASK

A SIMPLE 4-STEP SCRIPT.

1. **EXPLAIN THE BARRIER.** *"Tell them what is hard for you."*
2. **REQUEST THE SERVICE OR ACCOMMODATION.** *"Clearly state what you are asking for."*
3. **ASK WHAT DOCUMENTATION IS NEEDED.** *"Find out if you need a letter, records or forms."*
4. **FOLLOW UP IN WRITING.** *"Send a message or letter to confirm the request and next steps."*

## 8 REMEMBER

***If you do not ask, many supports stay invisible.***

Educational resource only.
Availability varies by provider, insurer, employer, and state.

*Survivors See Possibilities.*

SURVIVOR MEDIA GROUP

SURVIVOR MEDIA GROUP

EDUCATE • EMPOWER • ELEVATE

Survivor Toolkits

A COMPLETE RESOURCE LIBRARY

# 5 RETURN TO WORK— OR NOT? 2026

## GUIDE & WORKBOOK

*Explore your options. Make the right move for you.*

KNOW YOUR RIGHTS • ACCESS SUPPORT • BUILD A STRONGER TOMORROW



INFORMATION
SUPPORT
STRONGER FUTURES

## 1 START WITH THESE QUESTIONS

BE HONEST ABOUT YOUR HEALTH, ABILITIES, AND WORK DEMANDS.

| Can I do my job safely? | Can I sustain a full workday? | What symptoms affect performance? | What accommodations could help? | What does my doctor recommend? |
|---|---|---|---|---|
| Consider physical, cognitive, and emotional demands. | Think about stamina, focus, and consistency. | Such as fatigue, vision, cognition, pain, or mobility limitations. | Identify changes that may allow you to work more effectively. | Get guidance based on your condition, progress and treatment plan. |

## 2 SIGNS YOU MAY NEED MORE TIME

THESE SIGNS MAY INDICATE YOU'RE NOT READY TO RETURN FULL-TIME.

| | |
|---|---|
| **Severe fatigue** | Ongoing exhaustion even with rest. |
| **Visual or cognitive issues** | Difficulty with memory, focus, or processing information. |
| **Mobility or balance problems** | Trouble with walking, coordination, or physical tasks. |
| **Frequent appointments** | Ongoing medical, therapy, or testing visits. |
| **Inconsistent functioning** | Good days and bad days make work unreliable. |

## 3 ACCOMMODATIONS TO CONSIDER

THE RIGHT SUPPORTS CAN MAKE WORK MORE DOABLE.

| | | |
|---|---|---|
| **Modified schedule**<br>Flexible start/end times, reduced hours, or compressed workweek. | **Telework**<br>Work from home fully or part-time when possible. | **Extra breaks**<br>Rest breaks for fatigue, medication, or symptom management. |
| **Quiet workspace**<br>Reduced noise, distractions, and sensory triggers. | **Reduced visual load**<br>Larger text, adjusted lighting, or fewer screens. | **Assistive technology**<br>Tools and software to support vision, cognition, or mobility. |

## 4 WORK PATH OPTIONS

THERE IS NO ONE-SIZE-FITS-ALL ANSWER.

| | |
|---|---|
| **Return full-time** | Resume your regular job duties when ready and able. |
| **Return part-time** | Gradually increase hours as you build endurance. |
| **Remote or hybrid work** | Work from home or a mix of home and in-office. |
| **Transitional duties** | Modified or lower-demand tasks while you recover. |
| **Pause work and focus on recovery** | Take more time off when needed to protect your health. |

## 5 BENEFITS & SUPPORTS

KNOW WHAT RESOURCES MAY HELP YOU.

- **Vocational Rehabilitation (VR) services**
  Job counseling, training, and support.
- **SSDI work incentives**
  Programs like Trial Work Period and Extended Period of Eligibility.
- **FMLA or leave**
  Job-protected leave for your own serious health condition.
- **Employer disability benefits**
  Short-term or long-term disability through your employer.
- **ADA accommodations**
  Reasonable workplace changes for a disability.

## 6 NEXT STEPS

TAKE A THOUGHTFUL, INFORMED APPROACH.

| | | |
|---|---|---|
| 1 | **Talk with your doctor.** | Review your health, treatment plan, and readiness for work. |
| 2 | **Compare demands to current abilities.** | Look at the physical, cognitive, and emotional demands of your job. |
| 3 | **Request accommodations in writing.** | Share your needs with your employer or HR in writing. |
| 4 | **Understand how income may affect benefits.** | Learn how working may impact SSDI, Medicaid, or other programs. |
| 5 | **Create a backup plan.** | Have a plan if your return to work doesn't go as expected. |

*The best return-to-work decision is the one that protects your health, safety, and future stability.*

Educational guidance only.
Verify work, leave, and benefits rules with the appropriate source.

*Survivors See Possibilities.*

SURVIVOR MEDIA GROUP

SURVIVOR MEDIA GROUP

EDUCATE • EMPOWER • ELEVATE

Survivor Toolkits

A COMPLETE RESOURCE LIBRARY

# 6 CAREGIVER SURVIVAL BINDER 2026

## TOOLS • RESOURCES • SELF-CARE

SUPPORTING YOU SO YOU CAN KEEP GOING

PRACTICAL TOOLS • REAL SUPPORT • A STRONGER JOURNEY TOGETHER



INFORMATION
SUPPORT
STRONGER FUTURES

## 1 WHAT EVERY CAREGIVER SHOULD TRACK

KEEP IMPORTANT INFORMATION IN ONE PLACE.

- **MEDICATIONS** — Current list, dosages, and any changes.
- **APPOINTMENTS** — Dates, times, locations and purpose of each visit.
- **SYMPTOMS AND CHANGES** — Track new symptoms, triggers, and patterns.
- **PROVIDER CONTACTS** — Doctors, specialists, therapists and care team.
- **EMERGENCY NUMBERS** — Keep a list of key contacts including after-hours.
- **TRANSPORTATION PLAN** — How they get to appointments, who helps, and backup options.

## 2 DAILY CARE ESSENTIALS

SUPPORT SAFETY, HEALTH AND WELL-BEING.

- **MEALS AND HYDRATION** — Nutritious meals, snacks and enough fluids.
- **MOBILITY / FALL SAFETY** — Use mobility aids, clear pathways and prevent falls.
- **COMMUNICATION NEEDS** — Hearing, vision, communication tools or accommodations.
- **BATHING / DRESSING SUPPORT** — Assistance with personal care and hygiene.
- **REST PERIODS** — Plan for regular breaks, naps and quality sleep.

## 3 BINDER SECTIONS

ORGANIZE KEY DOCUMENTS FOR QUICK ACCESS.

- **DIAGNOSIS SUMMARY** — Condition information, history and key dates.
- **HOSPITAL RECORDS** — Discharge papers, test results and procedures.
- **THERAPY NOTES** — PT, OT, speech therapy and other treatment notes.
- **INSURANCE DOCUMENTS** — Policies, claims, approvals and important contact info.
- **QUESTIONS FOR PROVIDERS** — Track questions before, during and after appointments.
- **LEGAL / ADVANCE PLANNING** — Advance directives, POA, living will and important legal documents.

## 4 CAREGIVER SELF-CARE

YOU MATTER TOO. TAKE CARE OF YOU.

- **SLEEP** — Get as much rest as possible. Better sleep helps you show up stronger.
- **BREAKS** — Take short breaks daily and longer breaks when you can.
- **YOUR OWN MEDICAL CARE** — Keep your appointments, manage your health and prioritize yourself.
- **EMOTIONAL SUPPORT** — Talk to people who understand. Consider counseling if needed.
- **REALISTIC BOUNDARIES** — Know your limits. It's okay to say no and ask for help.

## 5 ASK FOR HELP WITH

YOU DON'T HAVE TO DO IT ALL ALONE.

- **RESPITE CARE** — Short-term care so you can rest and recharge.
- **SUPPORT GROUPS** — Local or online groups for encouragement and advice.
- **HOME HEALTH** — Skilled nursing, therapy or extra support at home.
- **FAMILY TASK SHARING** — Share responsibilities with family and trusted friends.
- **COMMUNITY RESOURCES** — Area Agency on Aging, faith groups and local services.

## 6 WHEN TO SPEAK UP

TRUST YOUR INSTINCTS. GET HELP EARLY.

- **NEW CONFUSION** — Sudden changes in thinking, memory or behavior.
- **SUDDEN WEAKNESS** — New or worsening weakness, trouble speaking or facial drooping.
- **FALLS** — Any fall, even if there is no visible injury, should be checked.
- **MEDICATION PROBLEMS** — Side effects, allergic reactions or unexpected changes.
- **DEPRESSION OR BURNOUT** — Ongoing sadness, loss of interest, or feeling overwhelmed. Get support.

*"Caring for someone else is easier when you stop trying to carry everything alone."*

Educational resource only.
Seek emergency care for urgent medical symptoms.

*Survivors See Possibilities.*

SURVIVOR MEDIA GROUP

SURVIVOR MEDIA GROUP

EDUCATE • EMPOWER • ELEVATE

Survivor Toolkits

A COMPLETE RESOURCE LIBRARY

# 7 STROKE SURVIVOR GLOBAL RESOURCE GUIDE 2026

## INTERNATIONAL EDITION

*Stroke recovery information without borders.*

PEOPLE • RESOURCES • SUPPORT • OPPORTUNITIES WORLDWIDE



GLOBAL RESOURCES REAL PEOPLE STRONGER FUTURES

## 1 UNIVERSAL RECOVERY RESOURCES

KEY SUPPORTS NEEDED AROUND THE WORLD.

### REHAB THERAPIES

Physical, occupational and speech therapy help rebuild skills and independence.

### LOW-VISION SUPPORT

Resources and tools for vision changes after stroke.

### SPEECH / COMMUNICATION SUPPORT

Help for speaking, understanding, reading and writing.

### ASSISTIVE TECHNOLOGY

Tools and devices to increase accessibility and daily independence.

### MENTAL HEALTH SUPPORT

Support for emotional health, identity, and life after stroke.

### CAREGIVER EDUCATION

Training, guidance and resources for family members and caregivers worldwide.

## 2 WHAT TO LOOK FOR IN ANY COUNTRY

IMPORTANT ORGANIZATIONS AND SERVICES.

### STROKE ORGANIZATION

National or local stroke associiations and support groups.

### DISABILITY OR SOCIAL WELFARE AGENCY

Government programs and financial support services.

### REHAB SERVICES

Hospitals, rehab centers and community therapy programs.

### TRANSPORTATION SUPPORT

Accessible transportation options and travel assistance.

### CAREGIVER RESOURCES

Respite care, support groups and caregiver training programs.

### EMPLOYMENT RIGHTS INFORMATION

Workplace rights, disability protections and return-to-work resources.

## 3 GLOBAL REALITY

KEY THINGS TO KNOW.

**Stroke recovery needs are universal.**
Survivors everywhere need information, support and opportunity.

**Benefits and services are local.**
Each country has different programs, rules and eligibility requirements.

**Language access matters.**
Clear communication helps you get the right care and support.

**Availability differs by country.**
Resources, services and wait times may vary widely around the world.

## 4 LANGUAGES & ACCESS

COMMON LANGUAGES IN OUR GLOBAL COMMUNITY.

English | Español | Français | Português | 中文 | العربية

Language access helps you find resources, understand your rights, and connect with the support you need.

*Same information. Different countries. Multiple languages. Global impact.*

## 5 TRAVEL / LIVING ABROAD

KEY PLANNING TIPS FOR STROKE SURVIVORS.

### MEDICATION SUPPLY

Plan for an adequate supply and know local prescription rules.

### MEDICAL RECORDS

Carry copies of key records and keep digital backups.

### INSURANCE COVERAGE

Check what your insurance covers internationally before you travel.

### ACCESSIBILITY NEEDS

Research accessible housing, transportation and public spaces in advance.

### LOCAL EMERGENCY CONTACTS

Save local emergency numbers and nearby medical facilities.

## 6 BUILD YOUR INTERNATIONAL RESOURCE FOLDER

KEEP EVERYTHING TOGETHER AND EASY TO ACCESS.

### DIAGNOSIS SUMMARY

Brief medical history, stroke type, current condition and needs.

### MEDICATION LIST

Current medications, dosages and prescriber information.

### PROVIDER CONTACTS

Names, phone numbers and email addresess for your care team.

### TRANSLATED DOCUMENTS

Key documents in the local language(s) you need.

### COUNTRY-SPECIFIC RESOURCE LIST

Local organizations, services, websites and support contacts.

International educational guide only.
Verify country-specific rules locally.

*Survivors See Possibilities.*

SURVIVOR MEDIA GROUP