



What is the Integrated Stroke Unit (ISU)?

The Integrated Stroke Unit (ISU) at Lakeridge Health is dedicated to the care of stroke patients and provides both acute and rehabilitation inpatient care following a stroke. Patients will remain on the unit for their acute and rehabilitation stay, if appropriate.

What is a stroke?

A stroke happens when blood stops flowing to any part of your brain. This can be due to a clot in a blood vessel in your brain or when an artery in the brain breaks open. The interrupted blood flow causes damage to the brain cells which cannot be repaired or replaced. The effects of your stroke depend on the part of your brain that was damaged and the amount of damage done.

What will my stroke recovery look like?

- Recovery starts once you are stabilized.
- Your health care team will work with you to assess your abilities and start developing strategies and interventions to begin your recovery.
- A plan will be made between you and your health care team for your recovery.
- Your plan may include being discharged home, to inpatient rehabilitation, or to another living situation.

What you need to know about rehabilitation:

You may need to participate in rehabilitation after your stroke. This could involve:

- Staying on the ISU for inpatient rehabilitation
- Going home and attending a community program
- Having rehabilitation at home

You and your health care team will discuss which rehabilitation option is best for you.

This document was created:



What you should bring to hospital:

- Comfortable, loose-fitting clothes
- Shoes with non-slip soles
- Toiletries, hearing aids, dentures, glasses, incontinence products

*Lakeridge Health is not responsible for lost or stolen items.

Planning for you to go home:

- A proposed date for you to go home will be written on the white board in your room within a few days of being admitted to the ISU.
- A Care Coordinator from Home and Community Care may meet with you before you go home.
- Speak to your health care team about concerns you have about going home as early as you can. They are here to help!
- If you need help with interpretation, please ask your health care team. We have access to various interpretation services.

Your family member/partner-in-care can help you by:

- Cheering you on!
- Attending therapy sessions to help you prepare for home, if appropriate
- Contacting your health care team with any questions or concerns. We suggest one family member be responsible for providing updates to others on your behalf
- Purchasing recommended equipment for you prior to going home, if necessary
- Attending a discharge support meeting, to talk about going home, if one has been booked for you

For more information, visit:

www.lakeridgehealth.on.ca/en/ourservices/IntegratedStrokeUnit1.asp

