

ACT NOW

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ACT NOW
TOOLKIT

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AFTER A STROKE, YOU MIGHT HEAR LOTS OF ADVICE FROM DIFFERENT HEALTH PROFESSIONALS ABOUT WHAT TO DO TO LIVE WELL AND LOOK AFTER YOUR HEALTH.



It can be a lot to take in, and many people find it hard to follow all the suggestions. That's because most advice is general – it doesn't always fit your life or your challenges. That's where the **ACT Now Toolkit** comes in.

This **ACT Now Toolkit** is something your health professional can use **with you** – to have a conversation that's all about you – what matters to you, what you'd like to focus on, and what might help make things easier. It has been developed by a team of researchers, including survivors of stroke and their carers.

Together, you'll come up with a **realistic plan** that suits you – your body, your goals, and your daily life – so you're more likely to stick with it.

If you think this would be useful for your rehabilitation, let your health professional know.