

# Executive Summary

## ***Driven: A Post-Stroke Journey***

### **A Patient-Informed Perspective on Long-Term Stroke Recovery**

*Driven: A Post-Stroke Journey* offers a first-hand account of recovery following hemorrhagic stroke, examined through the lens of long-term rehabilitation, system design, and patient engagement. Drawing on lived experience, clinical interaction, and sustained participation in rehabilitation beyond the acute and subacute phases, the book highlights gaps between standardized recovery models and the individualized realities of stroke survivors.

A central theme is the widespread assumption—embedded in funding structures and care pathways—that meaningful recovery is largely confined to the first six months post-stroke. The narrative challenges this premise, illustrating that functional improvement, participation gains, and quality-of-life outcomes may continue well beyond this period when appropriate supports are available. The book emphasizes that recovery trajectories are highly individual and influenced by motivation, access to specialized rehabilitation, caregiver support, and system flexibility.

The author's experience underscores the importance of coordinated, skilled, interprofessional rehabilitation and meaningful follow-up after discharge. It highlights how misalignment between clinical goals, provider expertise, and system constraints can limit progress, while person-centred, adaptive approaches can sustain engagement and recovery over time.

For organizations involved in stroke care planning, education, and service delivery, *Driven* provides a valuable patient-informed resource that complements existing evidence-based guidelines. It supports ongoing discussions about continuity of care, long-term rehabilitation access, patient and caregiver education, and the need to re-examine recovery timelines within policy and funding frameworks.

This work is intended to inform reflection, dialogue, and innovation among clinicians, educators, administrators, and system leaders committed to improving stroke recovery outcomes across the continuum of care.