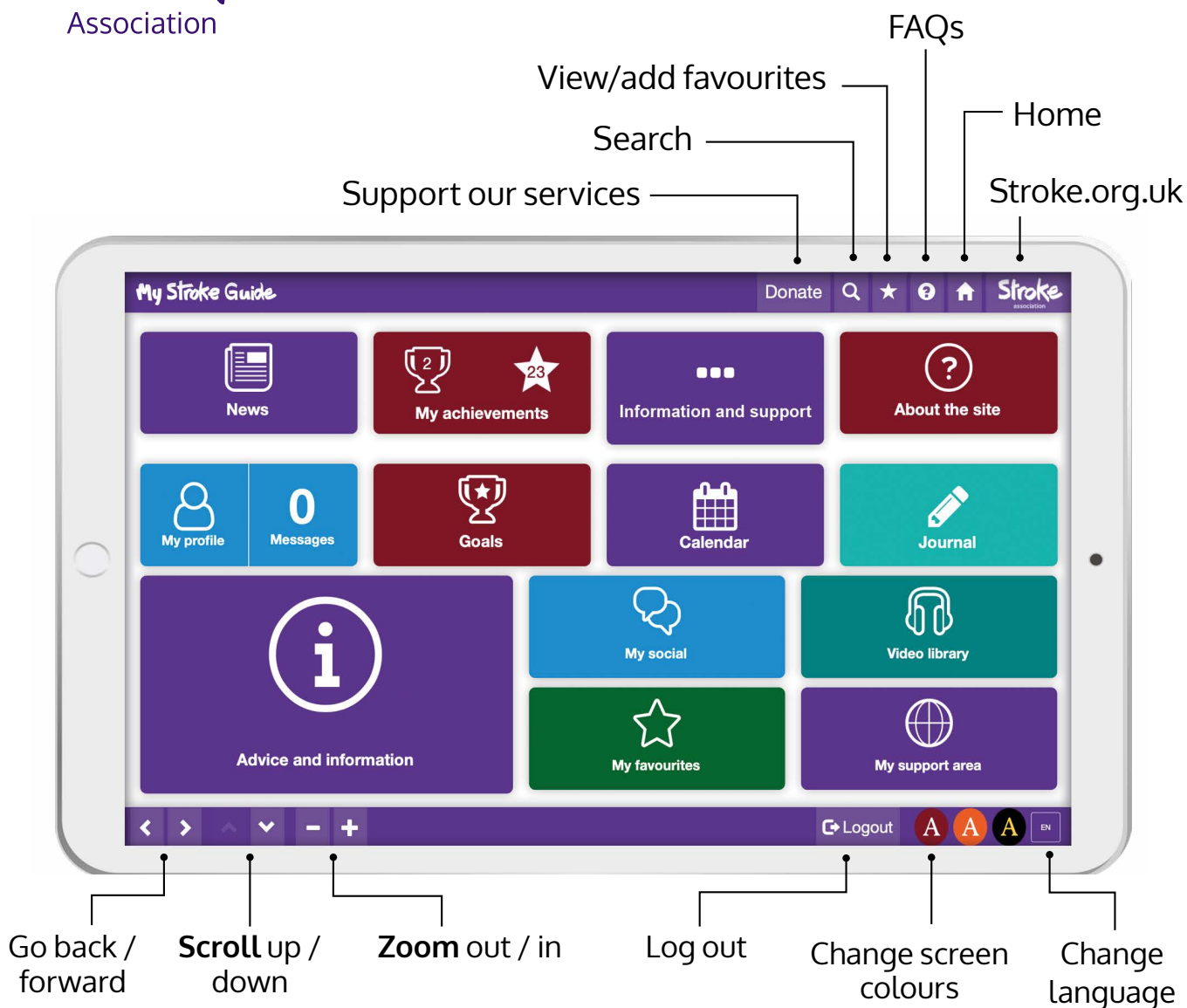


# My Stroke Guide

## Picture guide

For help using My Stroke Guide:

Email: [mystrokeguide@stroke.org.uk](mailto:mystrokeguide@stroke.org.uk)



## Register/Log in

Go to [www.mystrokeguide.com](http://www.mystrokeguide.com)

To register:

1. Click:



2. • Choose your **language**.  
• Create a **username**.  
• Type your **email**.  
• Create a **password**.  
• **Re-type** your password.

3. Fill in the boxes. Then click:

Additional details →

4. Fill in the next boxes. Then click:

Create account

5. • You will **receive an email**.  
• **Click the link** in the email.  
• Your account will **activate**.

To log in:

1. Click:

Log in

2. Type your **username**  
and **password**.

Username \*

Password \*

3. Click:

## My profile

Click **My profile** to view your details.



To edit your details:

1. Click each box to change:
- Name.
  - Year of birth.
  - Gender.
  - About me.

2. When you are done, click:

Save

To add a **profile picture**, click:

To **change your password**, click:

After every change, click:

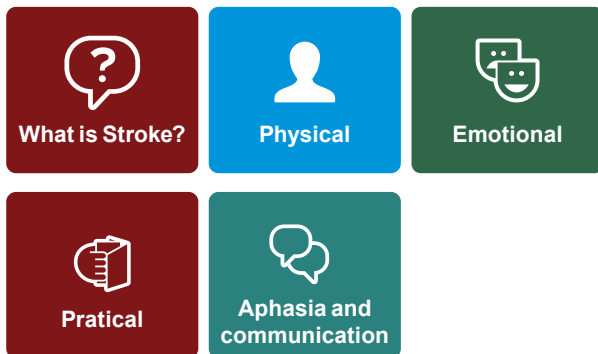
Save

To view help tips for each button,  
click:

## Advice and information



**Advice and information** has five sections:



Here you will find:

- Advice.
- Videos.
- Websites.
- Apps.

To **add a page** to your **favourites**:

1. Click the **star** icon at the top.

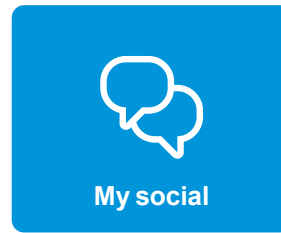


2. Click: A dark red rounded rectangular button with a white plus sign icon and the text 'Add page as favourite' in white.

3. You can now view from the **homepage**.

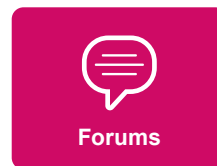


## My social

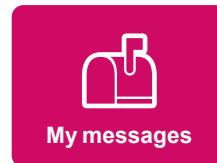


**My social** is a community for people affected by stroke. You can:

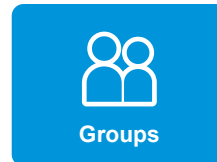
- Post to **forums**



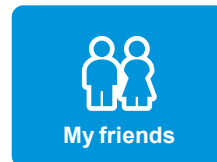
- Send private **messages**



- Join **groups**



- Connect with **friends**.



In the **Forums**, you can:

- Start a **new discussion**.
- **Search** for topics.
- **Reply** to other people.
- **Like** comments.

## Set up a goal

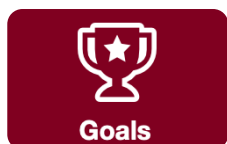
You may like to set a goal to **track your recovery**.

For example, your **goal** could be to **walk to the shop**.

Break your goal down into **small steps**.

To create a goal:

1. Click:



2. Click: **Create a goal**.

3. 

- Add a **title**.
- Add a **start date**.

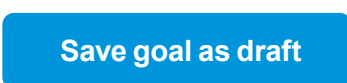
4. Click:



5. Add two steps to your goal.

- You can add up to nine steps.

6. Click



7. Find your goal, and click:



8. Click:



9. Return to your goal as you complete each step.

## More features

Add **birthdays** and **appointments**:



Create a **journal entry**:



View more than **200 videos**:



**Send messages** to other users:



**Search for support** in your area:



For **help** using the site:

