

Advice and information

The advice and information area covers a range of topics, all categorised under:

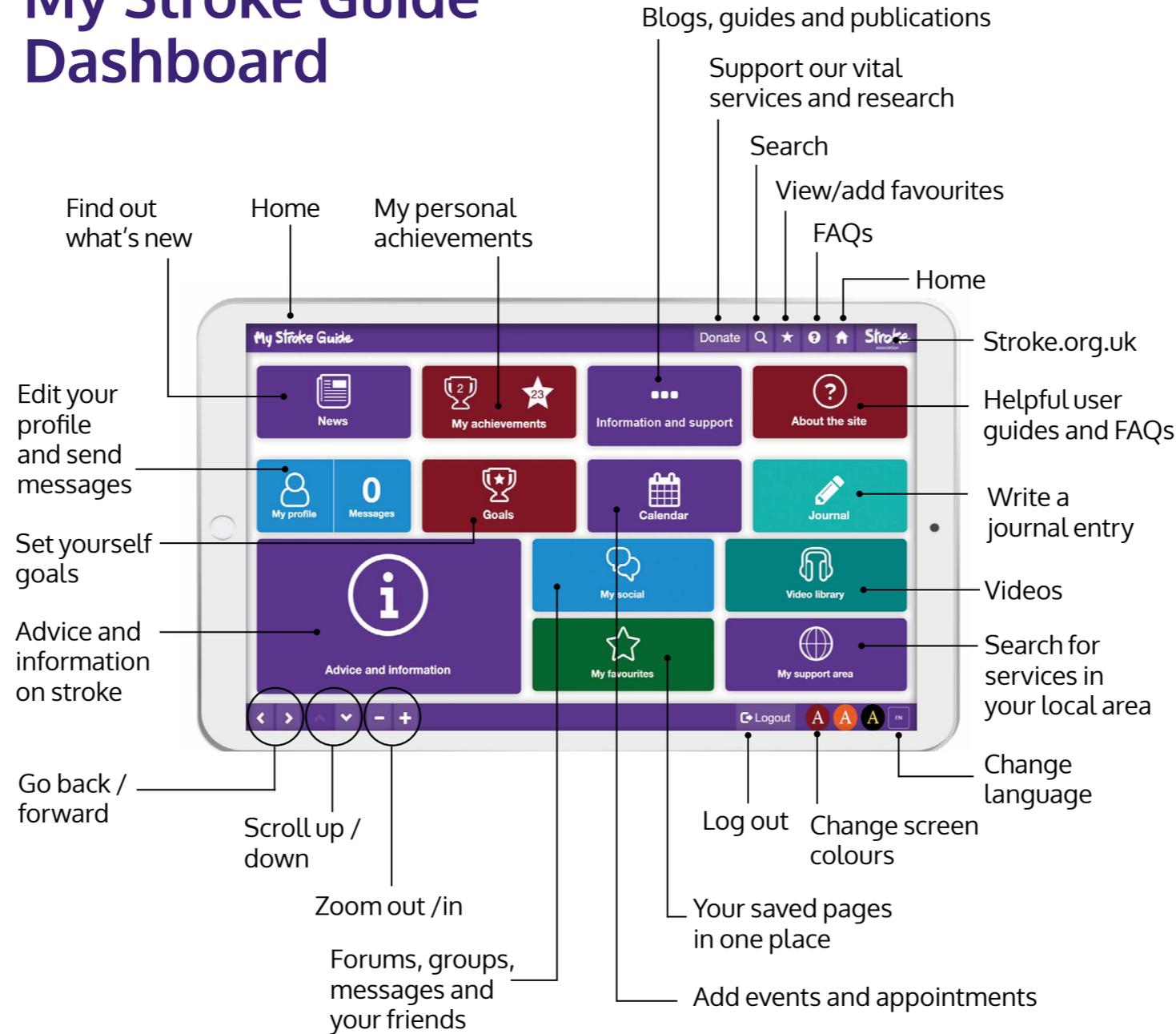
- What is stroke?
- Physical
- Emotional
- Practical
- Aphasia and communication

Under each topic there is easy-to-read advice, useful videos, websites and recommended apps.



For family and friends, there is also an **'Information for family and friends'** area, where you'll find information on how My Stroke Guide can help a loved one, and how those closest to a stroke survivor can support in their recovery.

My Stroke Guide Dashboard



My Stroke Guide

Quick start guide

For help using My Stroke Guide:
Email: mystrokeguide@stroke.org.uk



Register

My Stroke Guide works best on Google Chrome.

1. Go to **mystrokeguide.com**
2. Click **'Create your account'**.



3.
 - Choose your language.
 - Create a unique username.
 - Type your email.
 - Create a memorable password. Passwords are case sensitive.
4. Fill in all the fields, as well as the additional details page.
5. Click **'Create account'**.

You will receive an email. Click the link in the email to activate your account. If you have not received the email, check your junk folder.

Next time you log in, click **'Remember password'** so you don't have to type it each time you visit.

My profile

'My profile' is where you can edit your personal details.

1. Click **'My profile'** on the homepage.



2. Edit any details you want to change. You can also write about your hobbies and stroke journey in **'About me'**.
3. Click **'Save'** when you have made your changes.



4. Add a profile picture by clicking **'Change picture'** and choosing from your device.



You can also change your password by clicking **'Change password'**. Be sure to make it memorable.

Goals

Setting specific goals and adding steps is a great way to track your progress.

1. Click **'Goals'** on the homepage



2. Click **'Add your next goal'**.
3. Give your goal a title and a start date.
4. Add manageable steps to your goal. You can add up to nine steps.

Add steps

5. Click **'Save goal as draft'**.
6. On the goals page, click **'View goal details'**.

View goal details

7. Click **'Start goal'** when you're ready to start working towards each step.
8. Monitor your progress, and mark each step complete as you achieve it.



Your goals and steps will be added to your calendar. You can also add journal entries, birthdays and appointments.

My social

My social is a community for those affected by stroke.

You can post in the forums, connect with friends, join groups, and send private messages to other users.



You can also like or comment on the latest activity, or search the forums for topics that interest you.

To start your own discussion:

1. Click **'Forums'**.
2. Click a forum topic most related to what you'd like to discuss.
3. Click **'Create a new discussion'**.

Create a new discussion

4. Give your discussion a title, and write your message. You can also attach files or photos from your device by clicking these icons:



5. When you've composed your message, click **'Post'**.