

# Abstract

This bachelor thesis is aiming at creating a ADL (Activity of Daily Living) manual for people who suffered a stroke. Theoretical part is mainly focused on results of stroke that patients have to live with. It represents what occupational therapy is about and its irreplaceable role in the process of the patient's return to active life. It shows wide range of rehabilitation process and patient's difficulties with availability of complete materials with its issue. There are materials describing etiology, causes and results of stroke on the market, but not so many publications describing procedure how to deal with it and how to reach the highest level of patient's independence in normal life when it once happened.

Practical part is represented by my own manual called „ADL manual for people after a stroke“ with summary sheets included after each category of ADL. The manual contains use of common and also rare compensatory aids with instructions where to find details about those aids on the market. The manual was created with 30 different people who suffered stroke and use compensatory aids nowadays. Then the survey was made with these patients to express their opinions on the manual.

## **Key words:**

Stroke

Occupational Therapy

personal ADL

self-sufficiency

instrumental ADL

compensatory aids