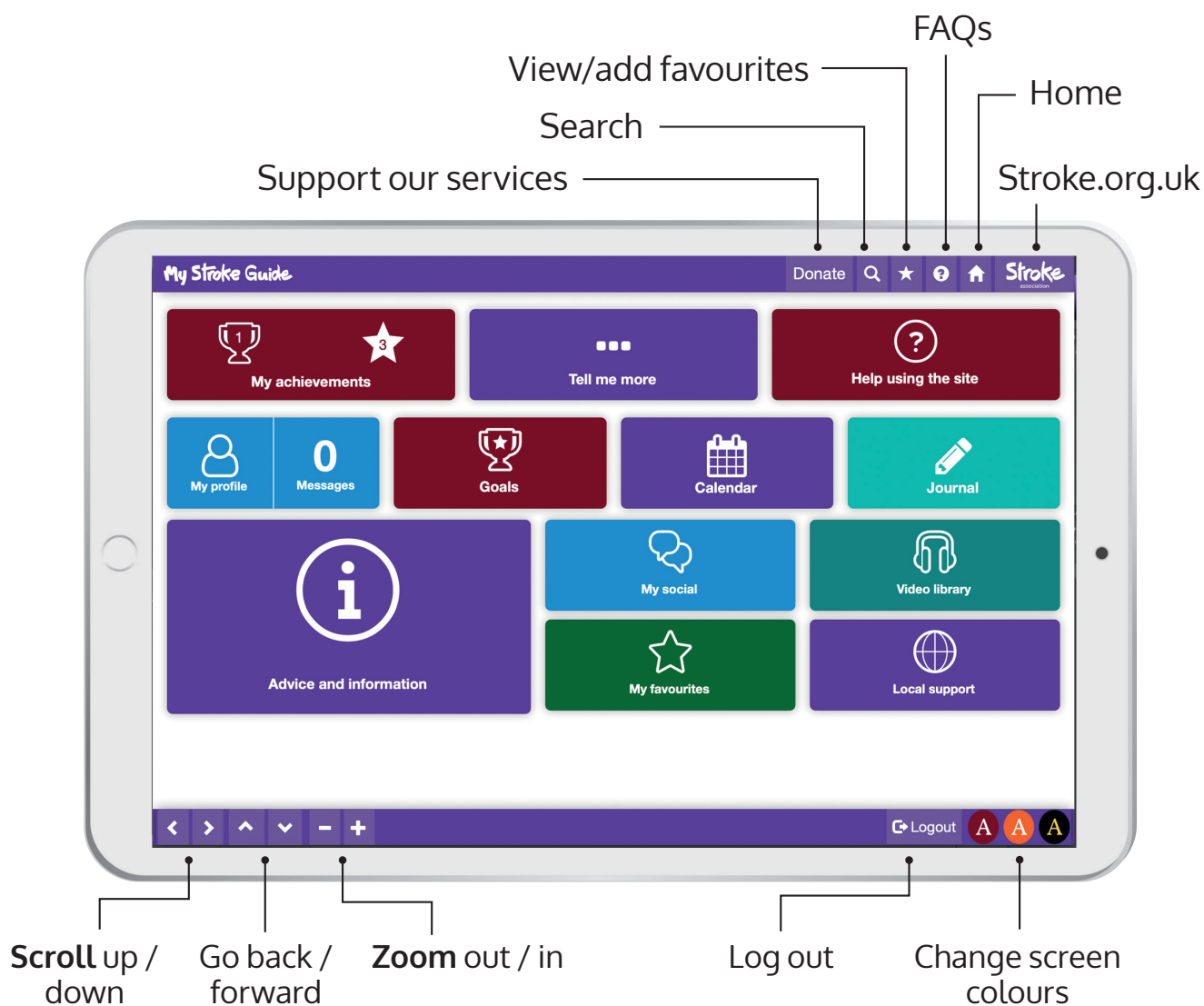


My Stroke Guide

Picture guide

For help using My Stroke Guide:

Email: mystrokeguide@stroke.org.uk



Register/Log in

Go to www.mystrokeguide.com

To register:

1. Click:



2. • 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:



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

Username *

Password *

3. Click:  Log in

My profile

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



To edit your details:

1. Go to the bottom and click:

 Edit profile

2. You can change:

- Name
- Email
- About me.

3. When you are done, click:

Save

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

 Change picture

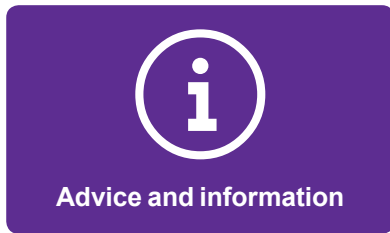
To **change your password**, click:

 Change password

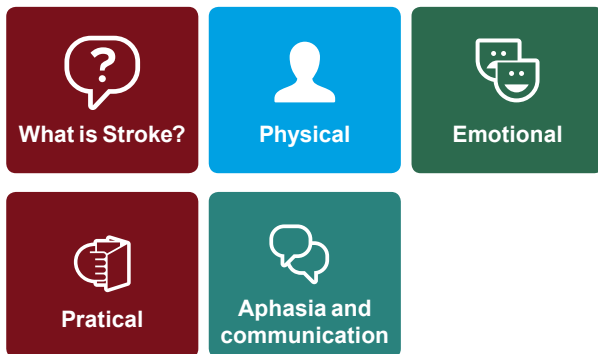
After every change, click:

Save

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.

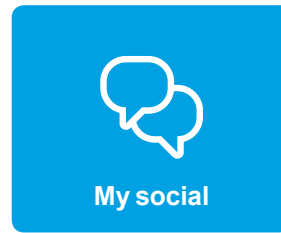


2. Click: 

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

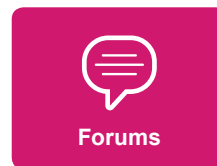


My social

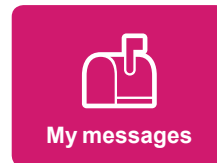


My social is a community for people affected by stroke. You can:

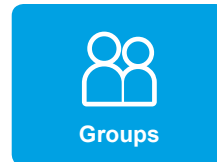
- Post to **forums**



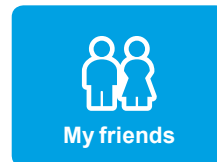
- Send private **messages**



- 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:

Add steps

5. Add two steps to your goal.
- You can add up to nine steps.

6. Click

Save goal as draft

7. Find your goal, and click:

View goal details

8. Click:

Start goal

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

More features

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



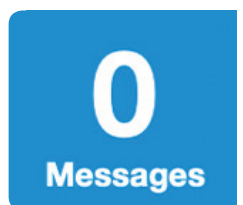
Create a **journal entry**:



View more than **200 videos**:



Send **messages** to other users:



Search for **support** in your area:



For **help** using the site:

