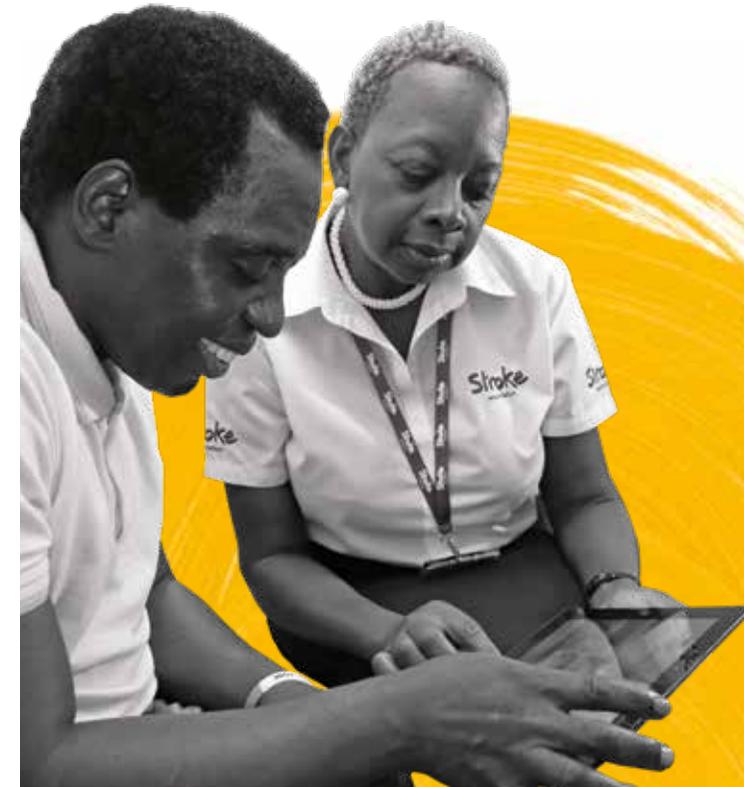
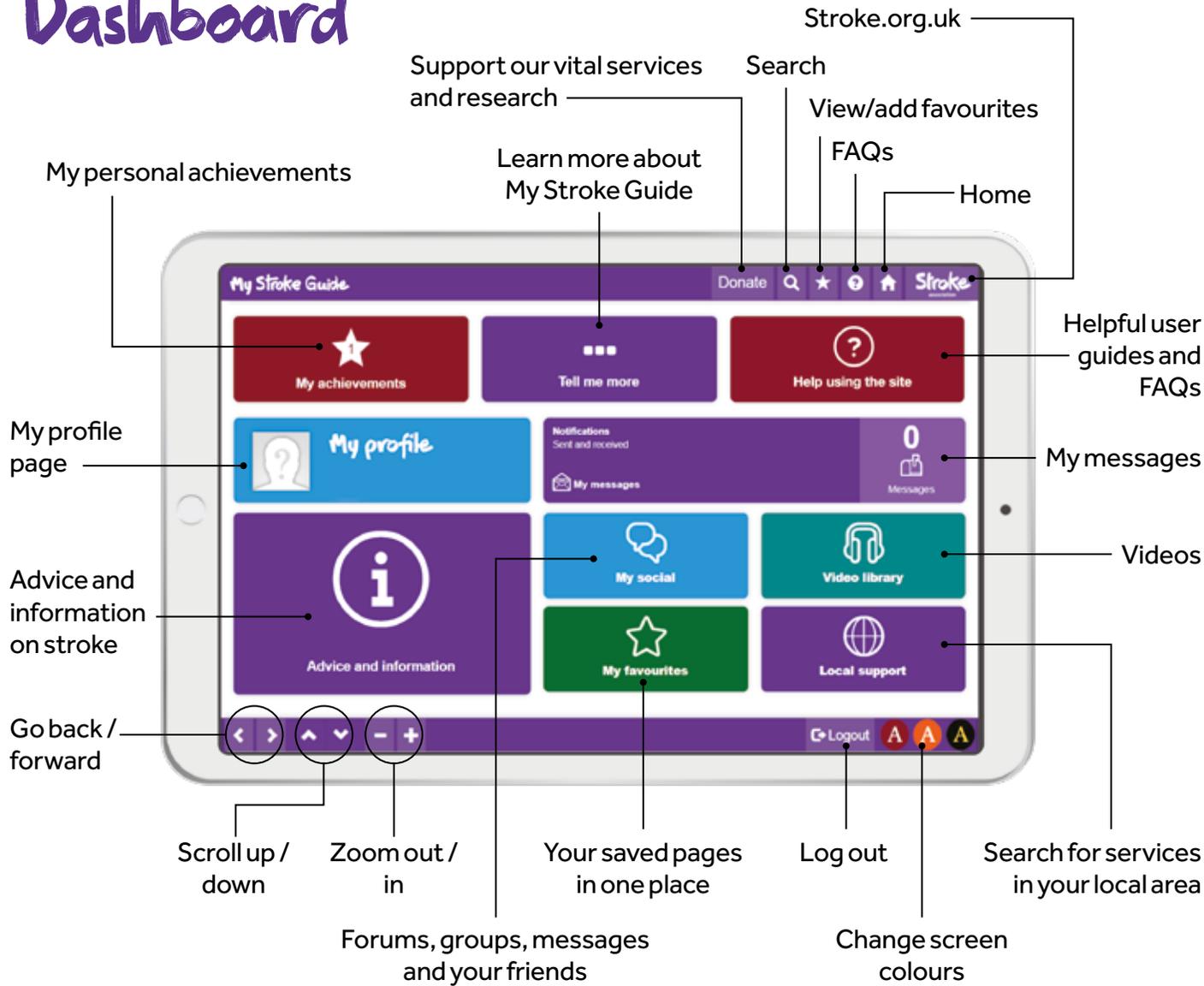


# My Stroke Guide Dashboard

## My Stroke Guide Quick start guide



For help using My Stroke Guide:  
Email: [mystrokeguide@stroke.org.uk](mailto:mystrokeguide@stroke.org.uk)

Item code: **A12T40**

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# Register/Log in

My Stroke Guide works best on Google Chrome. Go to [mystrokeguide.com](https://www.mystrokeguide.com)



1. Click **'Register'**.
2. Create a username, memorable password, and provide your email. Passwords are case sensitive.
3. Fill in all the fields, as well as the additional details page.
4. Create account.

Remember to bookmark the page to your favourites so that you can access it easily, and click **'Remember password'** so you don't have to type it each time you visit.

# My profile

1. Click **'My profile'** on the homepage to view your profile details.
2. To edit your profile, scroll to the bottom and click **'Edit profile'**.

 Edit profile

Click on any details you want to change, including **'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.

 Change picture

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

# My social

My social is a community for those affected by stroke. You can post to the forums and join groups, send private messages to other My Stroke Guide users and connect with friends.



You can also like or comment on the latest activity, or search the forums for topics that interest you. To start your own discussion, click **'Create a new discussion'** in the forum of your choice.

# 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 tried-and-tested 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.

