

# Bridging the Recovery Gap: A Survivor's Perspective on Post-Stroke Support

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## My stroke story

In 2013, on Christmas Day, I had an ischemic stroke at 49 years old. At the time, I was working full-time, raising three children. The stroke changed everything. Suddenly, my world became hospital rooms, uncertainty, and a body I had to re-learn.

### A moment I will never forget:

In the hospital, I moved my toes. That tiny movement became proof that recovery was possible and something worth fighting for.

When it came to my recovery, I was fortunate. I received excellent acute care and had a strong rehabilitation team. I experienced what coordinated, skilled stroke recovery support can look like, and I know how powerful it is.

I completed **three months of intensive inpatient rehabilitation**, where the structure, consistency, and expertise made a real difference.

### This is why our message matters:

**Because we experienced great care, we know what it can do. And we believe every survivor deserves the same chance to recover not just the few who can access it.**

Even with strong medical and rehabilitation care, the hardest part of recovery for our family was mental health, the emotional weight that comes after survival.

Recovery isn't only physical. It's grief, fear, identity shifts, and the exhausting work of starting over. Survivors and caregivers often carry that silently.

### Our caregivers:

My husband stopped working to care for me. My eldest daughter took a semester off college. Stroke doesn't affect one person, it affects the entire family.

**Because of my experience, we understood how critical good care and clear support are. But a few years later, our family experienced the other side of stroke.**



**Recovery is possible  
and access matters**

## Why we started The Stroke Foundation

In 2019, my brother passed away from a stroke. When our family tried to find resources and guidance, we discovered how difficult it was to locate clear, reliable support, especially in a moment of crisis.

Then COVID happened. Like many families, we felt isolated and overwhelmed, and we kept thinking: *Why is it this hard to find help?*

That's when we decided to start **The Stroke Foundation** as a family, so survivors and caregivers could access support, guidance, and resources in one place, and so more people could get the kind of recovery support we know is possible.

### Our purpose today

We exist to **bridge the recovery gap** by helping survivors access rehabilitation and the support needed to rebuild life after stroke.

### What we do (simple, direct):

- Provide **therapy grants** to help survivors access rehabilitation
- Share **reliable, accessible resources** for survivors and caregivers
- Build a community that reminds people they are not alone in recovery
- Center on lived experience so recovery systems reflect real life, not just clinical checklists

## How support helps

Donations to The Stroke Foundation **go directly toward stroke survivors' recovery**, including **rehabilitation therapy support** through our grant programs.

**Great stroke recovery care works.**

We have seen it first hand. Now we are working to make it accessible to more survivors **because recovery should not depend on luck, location or finances.**

**Every dollar helps someone access care that restores function, independence and hope.**

*Thank you so much!!!! This foundation is absolutely positively life-changing. I cannot begin to express my gratitude, words just don't give justice to what I feel for this organization. It's because of the Stroke Foundation that I am able to live just a little bit more independently and for that I am eternally grateful*

Grant recipient

**\$70,000  
awarded  
in 2025**

**100 months  
of free talk  
therapy**

*"The Stroke Survivor Fund was there for me when I had no other resource to begin physical and speech therapy after my stroke at only age 52. I will forever be grateful for their compassion."*

Amber D. Grant recipient



Stroke recovery can be extraordinary when support is consistent and accessible.

**Our hope is simple and urgent: that every survivor has the same chance to recover.**

