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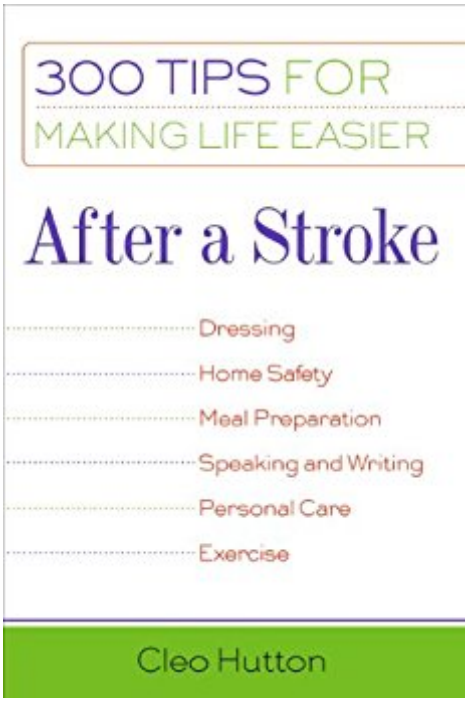
After A Stroke: 300 Tips For Making Life Easier



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Synopsis

The American Stroke Association estimates that about 4,800,000 stroke survivors are alive today and about 700,000 people suffer a new or recurrent stroke each year. After a Stroke: 300 Tips for Making Life Easier is addressed to this wide audience. Because hospital stays after a stroke are often short compared to the lengthy period of rehabilitation and gradual return of function, After a Stroke concentrates on the home recovery process after a stroke and assists those patients and their families in attempting to grow from patient back to person. The author, a twelve-year stroke survivor and nurse, gives readers tips she learned and used herself during her recovery. She addresses topics such as communication, emotional liability, safety issues, personal care, relaxation techniques, and intimacy issues. The tips included in this book cover everything from dressing, hair care, cooking, and airline travel to using a computer and alleviating pain. Many activities that we take for granted can become a challenge after surviving a stroke. After a Stroke describes in detail how to accomplish daily living routines, combat fatigue, enjoy recreational activities, and how to turn stroke deficits into assets. The book frankly discusses self-esteem issues and using humor as a healing tool. No subject is off limits. Hutton leaves no gaps in relating what families and fellow stroke survivors need to know to live a full life post stroke. With over 300 tips to assist stroke survivors, this book offers tried and true methods for coping with the aftermath of a stroke. It is a very useful reference guide and can be read in sections depending on the reader’s area of interest. The book’s mission is to foster independence for people living with stroke and promote healing through a positive outlook. After a Stroke is an essential tool for all stroke survivors and their families.

Book Information

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Customer Reviews

"After a Stroke: 300 Tips for Making Life Easier" is just what the title suggests. Cleo Hutton,a 12 year stroke survivor, shares what she has learned during the course of her own stroke recovery. This is not a book written by someone looking from the outside, but rather contains learnings from the inside, from the perspective of a stroke survivor. In the preface Hutton explains the event of stroke. Topics covered include what happened, risk factors, and an introduction to stroke recovery. A stated goal is to help survivors gain more independence. New stroke survivors and family members will find her context useful. The beginning of the book has many tips for those new to stroke. She covers areas, which may have been covered in therapy. It is often difficult to remember everything you have been taught in therapy. Therefore this book can serves as a reminder. It also covers areas which therapists may have missed or which you may not remember. Hutton covers a lot of ground. In addition to basics, like showering and dressing, areas covered include cooking, using the telephone, car transfers, airline travel, adaptive recreation and driving. Tips for building new brain connections, pet care and using the computer are given. Other categories include home maintenance, carrying things, laundry and moving furniture. She spends some time writing about relationships, partners, family and friends. One helpful section is on self-esteem. In this segment Hutton writes about changes, which occur with stroke, and the need for positive thinking. She touches on the need for humor. As the stroke survivor progresses in their recovery some original adaptations may no longer be needed.

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