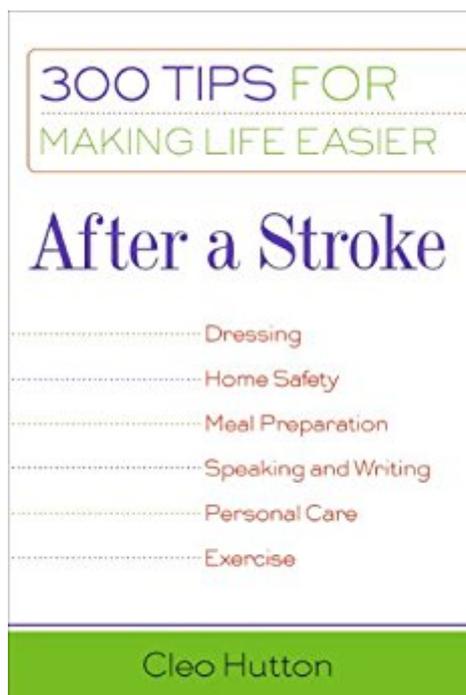


The book was found

# After A Stroke: 300 Tips For Making Life Easier



## 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

File Size: 1074 KB

Print Length: 159 pages

Publisher: Demos Health; 1 edition (June 1, 2005)

Publication Date: June 1, 2005

Sold by: Digital Services LLC

Language: English

ASIN: B004HKIFPG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #491,624 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #80

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes #170 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease #184 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System

## 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 serve 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.

[Download to continue reading...](#)

After a Stroke: 300 Tips for Making Life Easier Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories Parkinson's Disease: 300 Tips for Making Life Easier by Shelley Peterman Schwarz (2006) Paperback A Caregiver's Guide to Alzheimer's Disease: 300 Tips for Making Life Easier Jewelry Making: 33 Tips and Advices For

Making Unique Earrings (jewelry making, jewelry making books, jewelry making kits) 25 Short Pieces from "L'Organiste": Easier Piano Pieces 29 (Easier Piano Pieces (Abrsm)) Lyric Pieces, Op. 12 and Poetic Tone-pictures, Op. 3: Easier Piano Pieces 11 (Easier Piano Pieces (ABRSM)) Eighteen Little Preludes, Bwv 924-8, 930, 933-43 & 999: Easier Piano Pieces 18 (Easier Piano Pieces (ABRSM)) Stroke-Free for Life: The Complete Guide to Stroke Prevention and Treatment 300 trucos, tecnicas y secretos de ganchillo/ 300 Crochet Tips, Techniques and Trade Secrets: Un compendio indispensable fe conocimientos y consejos ... (Tiempo Libre/ Leisure) (Spanish Edition) DYING TO REALLY LIVE: Finally, an After Death Survivor returns from deeply into life after death (NDEs - Life After Death? Series Book 1) After a Stroke: 500 Tips for Living Well Jewelry Making: Jewelry Making Instructions to Easily Create Beautiful Pendants, Bracelets, Earrings, and Necklaces (Jewelry Making Books, jewelry making for dummies, jewelry making tools) DIY: 365 Days of DIY: A Collection of DIY, DIY Household Hacks, DIY Cleaning and Organizing, DIY Projects, and More DIY Tips to Make Your Life Easier (With Over 45 DIY Christmas Gift Ideas) Grow Fruit Indoors Box Set: 22 Cultivating Tips to Make Your Own Garden With Extra Gardening Tips To Grow Your Favorite Exotic Fruits Plus Tips How to ... Set, Grow Fruit Indoors, Gardening Tips) Making a Modern Tactical Folder: Tips on How to Make a Folding Knife: Learn how to make a folding knife with Allen Elishewitz. Knife making tips, supplies ... how to make custom tactical folding knives. 30 Under 300: healthy, unique recipes under 300 calories (gluten free, sugar free, dairy free, vegan) 7 Weeks to 300 Sit-Ups: Strengthen and Sculpt Your Abs, Back, Core and Obliques by Training to Do 300 Consecutive Sit-Ups International Harvester Shop Manual Series 300 300 Utility - lh - 10 (I & T Shop Service)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)