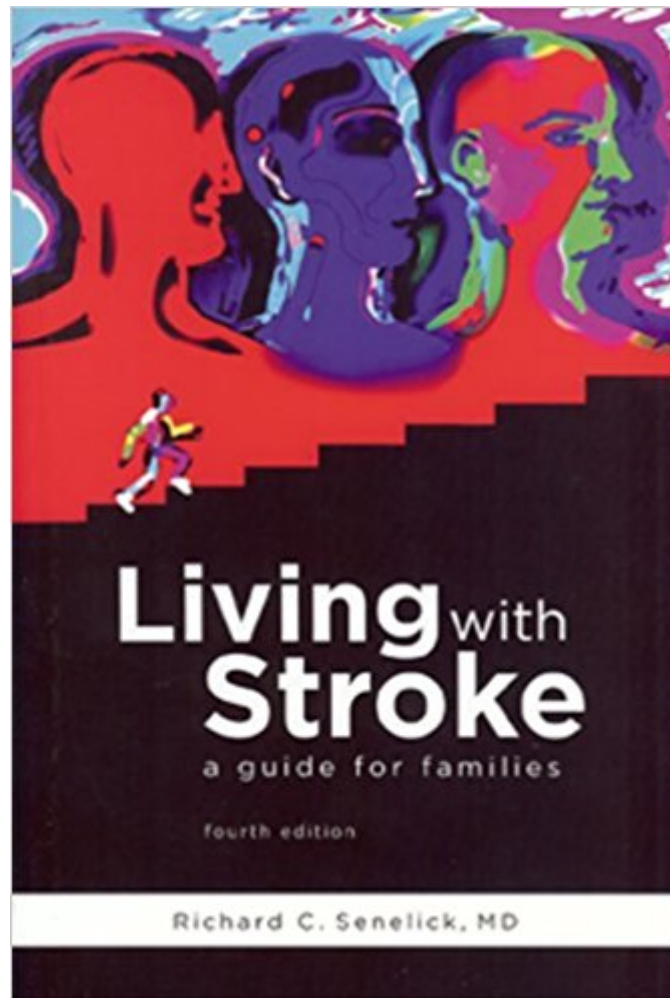




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# Living With Stroke: A Guide For Families



## Synopsis

You never think it will happen to you or someone you love. We all know people who have heart disease or cancer, but we think that a stroke happens to other people, not us. Most people are unaware that it is the leading cause of disability in adults and the third leading cause of death. However, when stroke happens to family members, loved ones, and friends we are suddenly in need of information. Stroke doesn't just affect an individual. It impacts everyone who has a relationship with the person who has had the stroke. HealthSouth has long known this encompassing impact of stroke -- its pain, its emotional damage, its debilitating after-effects -- not only on its survivors, but the loved ones in its wake. No one knows more that when stroke strikes, you need information, support, and advice fast. In this newest 4th edition of *Living with Stroke: A Guide for Families*, you will find the latest up to date information on stroke. Here, stroke patients and their families, friends, and caregivers can find the newest facts and figures on the cutting edge theories of neural plasticity and how the brain repairs itself. Here, too, in clear, easy-to-understand language is the entire process of rehabilitation - as well as the mechanisms that can create a stroke. You will learn why the correct type of rehabilitation is essential and most importantly, how to pick a rehabilitation facility for yourself or your loved one. It may be one of the most important decisions you will make and this book gives you the tools to make an informed decision.

## Book Information

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## Customer Reviews

Richard C. Senelick, MD, is the medical director at the Health-South Rehabilitation Institute of San

Antonio (RIOS). He also serves as program director of its Brain Injury Program. A native of Illinois, he completed his undergraduate and medical school training at the University of Illinois in Chicago. A neurologist who specializes in neurorehabilitation, he subsequently completed his neurology training at the University of Utah in Salt Lake City. He has authored numerous publications, including co-authoring *Living with Brain Injury: A Guide for Families*, *The Spinal Cord Injury Handbook for Patients and Their Families*, and *The Disability Awareness Handbook for Families, Co-Workers, and Friends*.

If you haven't had a stroke, you don't know what it is to live with one. If you have had one - and especially if you've worked hard and made a pretty fair recovery - you might have family members accusing you of laziness, of malingering, of begging sympathy. It's a so-called 'invisible illness'; they can't see it, so it isn't real to them, and they don't realize how you struggle with day to day tasks they find easy and take for granted. This book is for them, so that some authority can inform them that your brain doesn't work like it used to - that life is more of a struggle for you than it used to be, and perhaps your loved ones will stop saying ignorant and cruel things to you. Of course you can't force them to read it, but if they do, your family might be a tad more sympathetic and understanding toward you. You may seem fine to them, but this explains things to them you may have had trouble getting across. Also has a lot of pertinent information for the stroke victim for how to reclaim as much of his former quality of life as possible.

Make sure to get the newer (2001) version of this text. I will be more than happy to send you a "new" earlier edition (1999) if you aren't careful. Unfortunately, the 1999 cover of "Living with Stroke" is of very low contrast, and thus difficult to read. So, older folks or people with low vision may be a bit put off by the cover. (But don't let this scare you away. The text within is large and readable.) The newer version may very well contain more up-to-date info. In response to a family emergency, I ordered four books on stroke recovery. Two had been recommended to me as being helpful for lay people: (1) "Living With Stroke: A Guide For Families" (Senelick, Rossi & Dougherty, 1999) and (2) "Stroke and the Family: A New Guide" (Stein, 2004). I ordered these for my family members (and myself). Two more were written at a much more scholarly, technical level for clinicians: (3) "Recovery after Stroke" (Barnes, Dobkin, & Bogousslavsky, Eds, 2005), and (4) "Stroke Rehabilitation: A Function-Based Approach" (Gillen & Burkhardt, Eds, 2004). Each of these books has much to recommend it. I hope to write reviews of all four later. I can see why the first two are standouts, and have been helpful to so many people. They are well-written, concise books with plenty of important

information. They will help you quickly become an educated consumer of medical care. (They won't always familiarize you with medical controversies and choices, but they do a remarkable job of capturing the key issues. Controversies include the use of anti-seizure meds, and the use of statins for cholesterol reduction, especially in women.) This book describes the various physical manifestation of stroke (e.g., left vs right hemisphere), types of stroke (e.g., thrombotic, embolic, hemorrhagic, lacunar), diagnosis, pharmacological treatments, risk factors, and the basic rehabilitation spectrum--from physical therapy and activities of daily living to impact of stroke on daily life. The book offers creative ideas for navigating each of the key components. I especially liked the fact that the book does a nice job of covering psychological issues. I'm not talking about old-school psychoanalysis here. I'm talking about things like behavioral, cognitive, and family systems approaches to psychological health. There are plenty of tools provided for dealing with cognitive distortion, pessimism, etc. The book is concerned with the health of the patient AND the health of family and friends. I believe that many people will be able to complete the book in a night or two. That's important when time is of the essence and you are trying to educate yourself quickly. If you are a family member and or a caretaker: This is the book to bring with you to the hospital waiting room. You are likely to be waiting for long periods between visits with doctors and nurses, and you'll have many questions. You'll learn much more detailed general information from this book than the 10 minutes you spend consulting with the doc. What this book doesn't explain is how to deal with hospital staff who are busy and not always concerned with communicating with family members. But it provides plenty more. You can use this book to educate other family members and friends who might not be as thorough and bookish as you, and win them over to a sensible and realistic agenda. If you are a professional, you may find this book helpful, for a variety of reasons. First off, you might consider recommending this book, or the book by Stein, to your patients. Moreover, you might use the language in these books to explain situations and decisions to patients and their families. The authors have taken care to discuss emotionally and cognitively complex material in a sensible and clear manner.

The rehab facility gave us this book when my mother had her stroke 6 years ago. It is a very helpful and thorough book for both the stroke victim and their family. It explains in detail left and right brain strokes and what to expect when dealing with it afterwards. It includes rehab and emotions that are experienced. In our family we call it "the stroke book". It has been so helpful to all of us that I have bought it for others who are going through the recovery process for a stroke. I can't recommend it highly enough.

It would be great if families could start reading this while they're still in the hospital after the stroke. Unfortunately, I read this after my family member had already gone through the first phases of the stroke and was on to therapies. Great resource.

This is one of the best books on strokes . What happens to the victims of different types of strokes, the aftermath & what the person is going through both physical & emotionally . Also gives insight on helping the stroke patients .

better book than the stroke book IMO....this written in logical order in laymans terms by a physician. like it, good info

A few years ago, my father had a stroke that left him (at the time) unable to speak or to move the right side of his body. Thankfully, he is much better now. The rehabilitation hospital he was at (HealthSouth) gave this book to our family to help us understand what he was going through. This book has been read cover to cover by many of my family members. It helps you understand so much that you just would not have known without this guide. I purchased this book for a friend whose close relative had a massive stroke. She said the book also helped her to understand what he was going through. This book is a major help to you at a time when you feel like your world is upside down. I would definitely recommend this book!!!

I found this book while recovering from a stroke. There were so many questions I had that no one could help me with, but I found many of the answers in this book. Everything is explained on a patient level instead of a medical professional level, so it was very easy to understand and incorporate what I needed. I highly recommend this for all patients and their families.

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Stroke-Free for Life: The Complete Guide to Stroke Prevention and Treatment Advanced Cardiac Life Support 1997-99, New Chapters on Stroke and Acute Myocardial Infarction. American Heart Association, Fighting Heart Disease and Stroke. Emergency Cardiovascular Care Programs. Stroke

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