

THE ABC OF COPING WITH STROKE – THERE IS HOPE AFTER STROKE

A ACTIVITY

Don't spend the whole day in bed.

B BEHAVIOUR

Problems in behaviour in patient - or relatives - discuss with your doctor.

C CONCERN

Healthy concern is important Don't be over-solicitous, allow patient to become self-sufficient.

D DOCTOR

Discuss problems and ask questions.

E ENTHUSIASM

A vital ingredient in both patient and family.

F FRIENDS AND FAMILY

A vital support system for all stroke patients.

G GUARANTEE

A cure is not guaranteed but there will always be improvement.

H HEALTH

Treasure your health, don't smoke, control your blood pressure and go for regular medical check-ups.

I INDEPENDENCE

Encourage independence as early and as rapidly as possible.

J JOY!

It's a joy to be alive no matter what. Treasure this gift.

K KNOT

If your bowels get in a knot – don't worry, try again tomorrow – PATIENCE is ESSENTIAL to recovery.

L LEARNING

A slow process but worthwhile,

M MEDICATION

Be meticulous but understand why you are taking it.

N NUTRITION

Important to eat well. A balanced diet will aid recovery.

O OCCUPATIONAL THERAPY

An essential rehabilitative process.

P PHYSIOTHERAPY

This form of therapy is started immediately after a stroke and perseverance will aid recovery.

Q QUESTIONS

Ask them. If you don't understand, ask again.

R ROUTINE

Establish this early, eating, exercise and sleep.

S SPEECH THERAPY

Most important to assist with communication.

T TRY

Don't give up. Try again.

U UNDERSTANDING

Vital for the family. The patient needs as much understanding as possible.

V VICTIM

If you feel you're the victim, look around you at all those who are worse off than you are.

W WHY

Why me? Well, would you rather it had been your spouse, parent or child?

X XTRA

Try an extra special effort today.

Y YES

Yes, you can try harder. That means patient, doctor, family, friends and paramedics.

Z ZEST

That's the ultimate aim. Enough zest to appreciate the gift of life.

Spend an enjoyable day with a support group – a combination of recreation – seeing friends, sharing ideas and tips, and therapy



Become a member

Complete the form below, and post it together with membership fees to:
Stroke Aid, PO Box 51283, Raedene, Johannesburg 2124

Amount enclosed:

Annual affiliation fee R40 (Not attending Paterson Park, living elsewhere in SA or from a neighbouring country)

Paterson Park Support Group R40 **per month**
(includes coffee/tea, refreshments)

You will receive a regular newsletter of events

Name: _____

Residential Address: _____

_____ Code _____

Postal Address _____

_____ Code: _____

Telephone: (h) _____ (b) _____

Cell: _____ e-mail _____

Referred by: _____

1. Have you suffered from a stroke? Yes/No

2. Are you a family member? Yes/No

3. Are you a professional? Yes/No

Please state profession _____

4. Are you a volunteer? Yes/No

5. Next of kin _____

Address: _____

_____ Code: _____

6. Doctor: _____

Tel: (1) _____ (2) _____

Signature: _____

Date: _____

Specialised Equipment

Independent Living Centre

(Equipment & Information - disability discs for cars)

Tel: 011 482 5474/5

Rand Medical Supplies

(Incorporating left-hand shop)

Tel: 011 789 2203

Further information:

Stroke Aid

PBO 930018543

Tel: 011 728 2292

Fax: 086 666 8154

PO Box 51283 Raedene

Johannesburg

2124

www.strokeaid.org.za

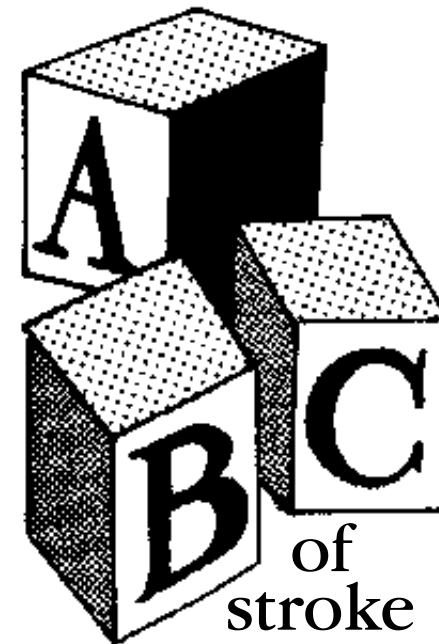
e-mail: info@strokeaid.org.za



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STROKE AID



Use this pamphlet as
a valuable motivational tool – put it
up on the wall or on your fridge and
when you need some encouragement
it will be there to help you.

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