

The Post-Stroke Experience – A Patient



“On AUG. 26, 2014 I had a stroke.

Nothing has been the same. It's like my whole world has been turned upside down. After 4 months I still have a lot of weakness on my left side. I'm in a foot brace and walk with a cane. I'm dealing with anger, anxiety, depression, comprehending, expressions and much more. I'm unable to return to work. I find it hard to motivate myself to wanting to do stuff. I'm wondering if things will get better.....”



The Post-Stroke Experience – A Caregiver



- *Too much information*
- *Too many choices*
- *Everything is hard*
- *I feel all alone*
- *Who can I trust?*

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The Post-Stroke Journey



Acute Event
Hospital

Sub-Acute
Rehab

Post-Acute
Home/Nursing
Home

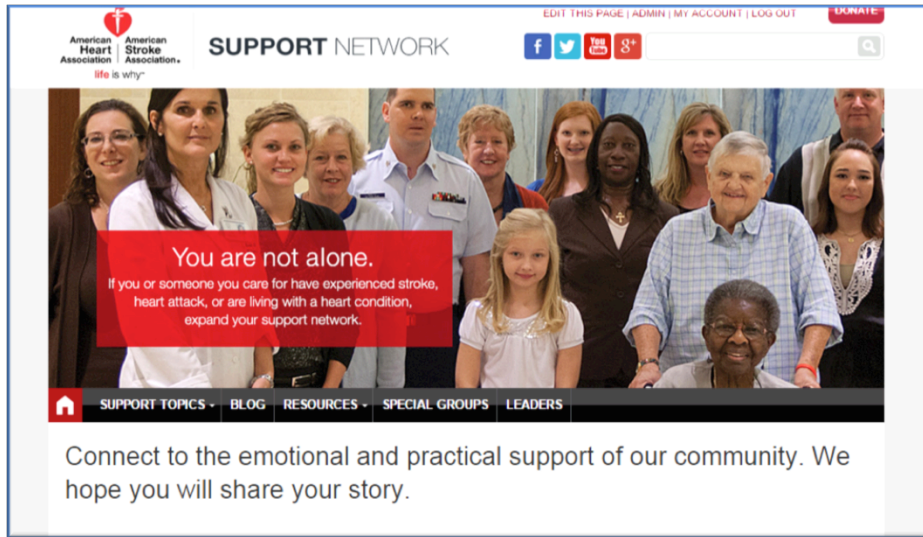
Chronic
Home/Nursing
Home

Post-stroke support for patients, caregivers and family members is an American Stroke Association priority.

The Stroke Support Network



www.strokeassociation.org/supportnetwork



SUPPORT NETWORK

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You are not alone.
If you or someone you care for have experienced stroke, heart attack, or are living with a heart condition, expand your support network.

SUPPORT TOPICS | BLOG | RESOURCES | SPECIAL GROUPS | LEADERS

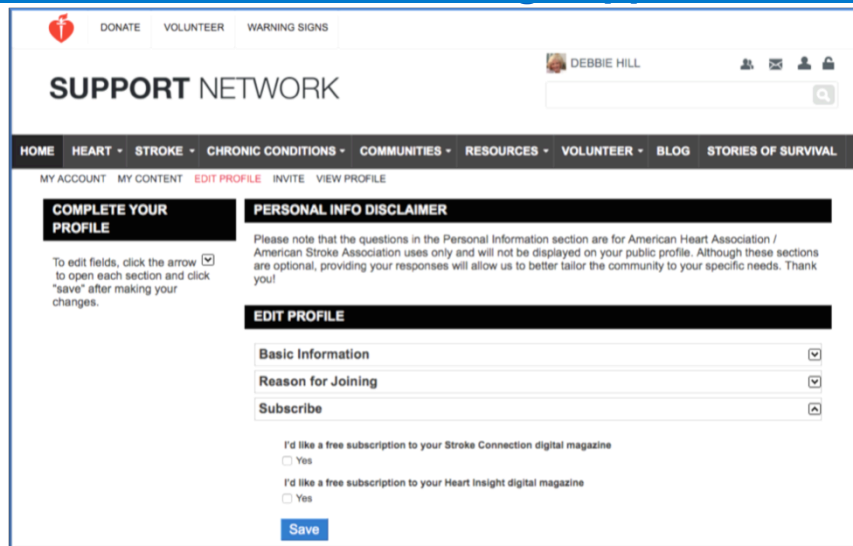
Connect to the emotional and practical support of our community. We hope you will share your story.

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The Stroke Support Network



www.strokeassociation.org/supportnetwork



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SUPPORT NETWORK

DEBBIE HILL

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COMPLETE YOUR PROFILE

To edit fields, click the arrow to open each section and click "save" after making your changes.

PERSONAL INFO DISCLAIMER

Please note that the questions in the Personal Information section are for American Heart Association / American Stroke Association uses only and will not be displayed on your public profile. Although these sections are optional, providing your responses will allow us to better tailor the community to your specific needs. Thank you!

EDIT PROFILE

Basic Information

Reason for Joining

Subscribe


I'd like a free subscription to your Stroke Connection digital magazine
 Yes

I'd like a free subscription to your Heart Insight digital magazine
 Yes

Save

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The Stroke Support Network



Ischemic

RECENT CONVERSATIONS

Recent Topics Popular Topics My Topics
START A CONVERSATION




jboust posted **Brother suffered stroke July 2015** 6 Replies

in Ischemic on Jan 9 at 12:16pm

Hi:

My brother suffered a stroke July 2015 - and just turned 60 years old in August. He lived by himself in VA and was may have been incapacitated for a couple of days before he was found. It was a major stroke that left him paratized on the left...

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Colonygal posted **Had a stroke just on January 25,2016** 2 Replies

in Ischemic on Feb 7 at 4:17pm

I have Broka's asphasia. Hard time finding my words slurred words and my hands are weak. it takes me a long time to do things. i fear that although I am doing quite well i wont be myself again.

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ConnValley posted **problems of spasticity** 2 Replies

in Ischemic on Feb 4 at 5:23am


In March 2013, while staying at the hospital for evaluation over high levels of sugar and blood pressure, I succumbed to a stroke. I went in on a Mon. then by Wed. I suffered weakness on right side. After three CT scans, a small clot was disco...

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FEATURED POLL



Have you or someone you are caring for suffered from depression after their stroke?

78% Yes

22% No

Experiencing depression after a stroke is common and you are not alone.


Learn about the signs and way to treat depression.

FEATURED BLOG POSTS

Support Network Blog


James Young, II – Out Of The Darkness And Into The Light


James ignored classic heart failure symptoms, but once faced with a frightening prognosis, he made major changes to turn his health around. Not everyone will experience the level of transformation he has, but we know even small steps can make a big difference in how healthy looks on you. Tell us: Share what healthy looks and feels like to you as you live with heart disease and stroke. Someone once said, "It is only in our darkest hours that we may discover the true strength ...




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The Stroke Support Network





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RESOURCES ▾
VOLUNTEER ▾
BLOG
STORIES OF SURVIVAL




Caregivers Of Survivors With Aphasia

Public Access




Survivors With Aphasia

Public Access




Young Women Stroke Survivor Group

Public Access




Post - Stroke Tips

Public Access



Support Group Leader Best Practices


Public Access



Survivors Under 50


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Thank You