



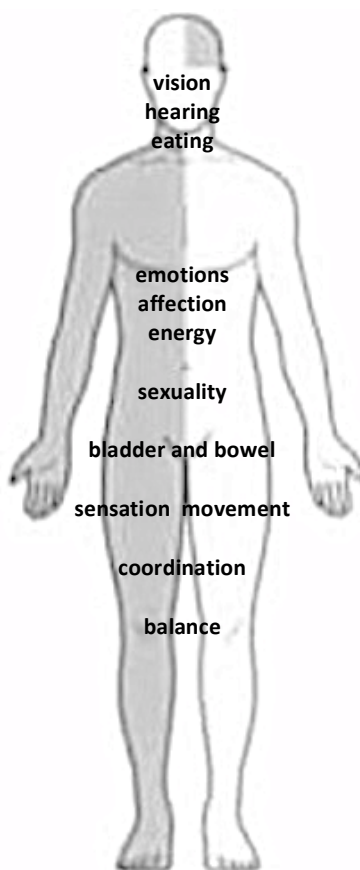
Stroke

A stroke is a sudden interruption of the blood supply to the brain. Every stroke is different and the effects depend on the area of the brain which is injured.

A stroke on the left side of the brain will affect the right side of the body and vice-versa. Each side specialises in different functions and one or more of those functions may be mildly or severely affected.

The Right Brain is the 'intuitive' hemisphere and is more concerned with:

- Images not words
- Perception of
 - the whole (of the parts)
 - spaces
 - distances
 - location memory
- Creativity
 - artistic
 - musical talents
 - imagination, dreams
 - spirituality
 - emotion, sexuality



The left brain is the 'logical' hemisphere and is more concerned with

- producing and understanding language
 - speech
 - reading
 - writing
 - spelling, memory of names and dates
 - mathematics
 - organising
 - reasoning
 - logical thought

This is a simple guide, more information and help on speech and communication is available from the local hospital speech language therapist and the Stroke Foundation.

Advice on how to survive a stroke- from the Hornby Stoke Group Participants – May 2012

A stroke doesn't need to be a life sentence.

- Think positive. Have a passion.
- Take your time with talking.
- Keep a diary – take photos, tell stories or write it.
- 'Have a strong faith – a strong Christian faith' – everything works out for the best'
- Celebrate your life achievements.
- Get out and about eg wheelchair or walker etc.
- Little goals ie take small steps working towards a bigger goal.
- Take regular photos of your progress.
- Know what you want to do eg swim.
- Have patience - you can achieve anything, in your own time.
- It helps to introduce yourself.
- 'Have a go' – have a good, supportive partner or carer.
- Enjoy children.
- 'If you can't get it' ie find the next words, pause, think – try again the next day.
- Flat screen TV for best visibility
- Practise singing, practise talking, get informed about stroke if you can read – there's lots of information.
- Family and friends are important.
- Get active with what you can eg hobbies, cross stitch, creativity.
- Keep exercising.
- Accept what's happened, do your best think of others worse of than you.
- Socialise.

If you need help following a stroke,
our friendly physio, speech language, music and
occupational therapists and dietitians can help.

Just contact us at Therapy Professionals Ltd

Phone: 03 377 5280

Email: admin@tpl.nz

Website: therapyprofessionals.co.nz