



## **World Stroke Awareness Day – 29 October Advice on Living Successfully with a Stroke from Hornby Stroke Group Participants**

- 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
- Practice singing, practice 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 off than you
- Socialise

An interesting Ted Talk to listen to:

[https://www.ted.com/talks/jill\\_bolte\\_taylor\\_s\\_powerful\\_stroke\\_of\\_insight/transcript](https://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight/transcript)

Our friendly physios, speech language and occupational therapists can help,  
contact us as follows:

**Ph:** 377 5280  
**Email:** [admin@tpl.nz](mailto:admin@tpl.nz)  
**Website:** [www.therapyprofessionals.co.nz](http://www.therapyprofessionals.co.nz)