

Taking Charge of your life after Stroke

The Workbook

MEDICAL RESEARCH INSTITUTE OF NEW ZEALAND

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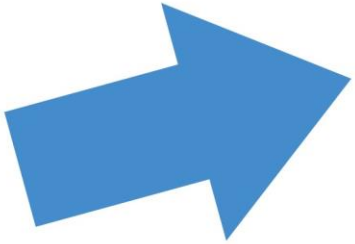
1. Taking charge: who I really am

For example:
weak, hard to talk, hard to walk, feel funny, tired, can't concentrate, lonely, sad, can't work, need help



A stroke person



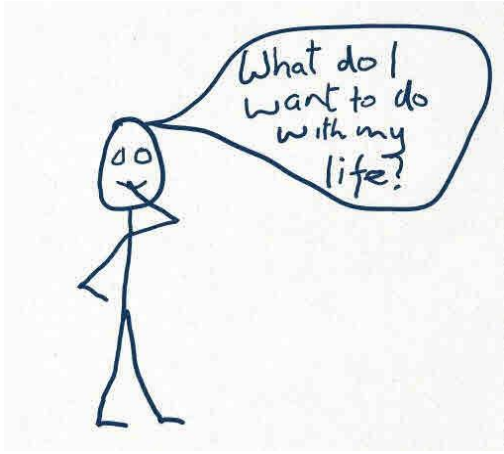


For example:
Mother, daughter, wife, choir member, helper, walker, gardener, grandma, teacher, friend, reader, joker, volunteer, strong, happy, energetic, warm, kind, gentle and lots more!



A person who happens to have had a stroke

2. Taking charge: looking beyond my stroke



Overall hopes, aims, aspirations for next 12 months

1.

2.

3.

4.



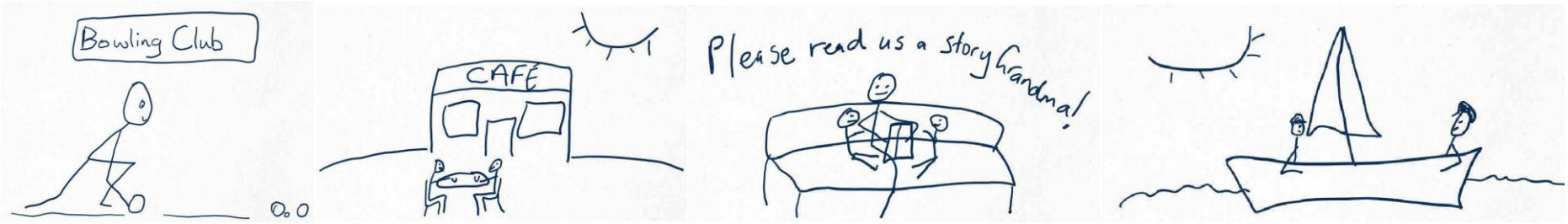
Main fears

1.

2.

3.

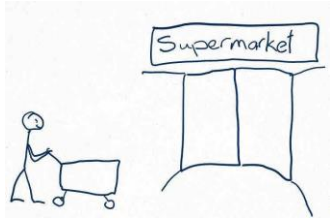
3. What would my ‘Best Day’ look like?

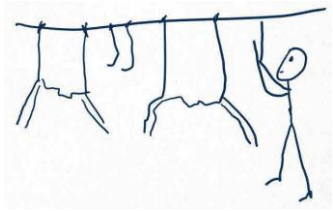


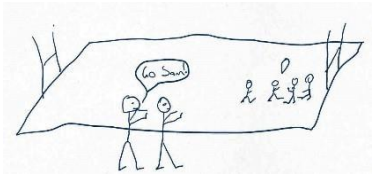
Draw a picture of your best day here. Friends and family may also want to draw something.

For people who don’t feel like drawing, an alternate strategy is to ask the person to close their eyes and visualise their best day and to describe it. (A support person or the facilitator might draw what is described or write a verbatim description.)

Physical things like getting around, washing and dressing, doing the housework





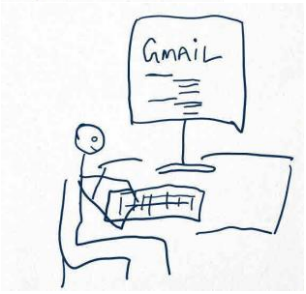


Date	What I am trying to do	How I could achieve it – write down any ideas you have
For example	*Walk to the shop on my own*	• *Walking practice with James every day if possible!* • *Try walking to next door on my own with James watching* • *Ask the physio about swapping the walking frame for a stick*

Communication including speech, understanding, reading, writing, using a computer

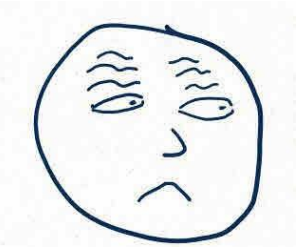


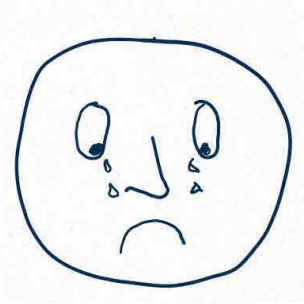


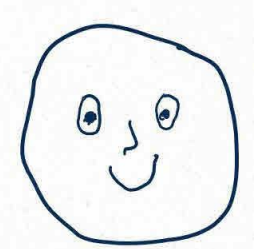


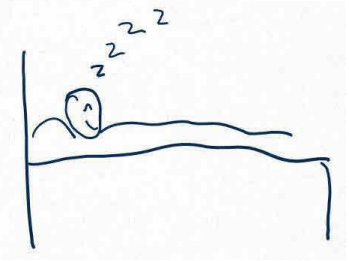
Date	What I am trying to do	How I could achieve it – write down any ideas you have
For example	*Talk on the telephone*	• *Do some practice runs with James* • *Arrange for Elsie to call me* • *Use a tape recorder or something so I know what I sound like? (scary!)*

Emotional issues like feeling anxious, worried, stressed, depressed, helpless



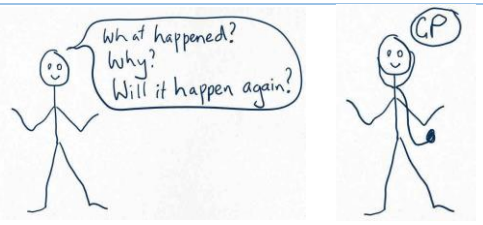
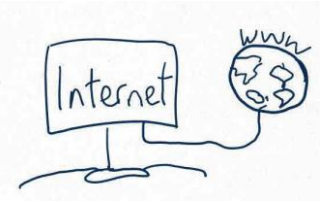
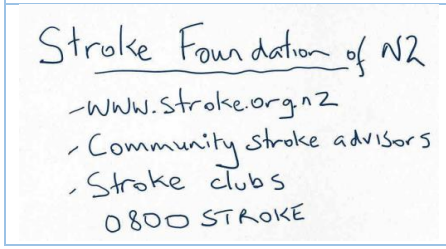




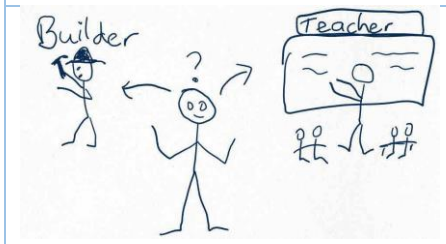


Date	What I am trying to do	How I could achieve it – write down any ideas you have
For example	*Feel more in control/charge*	• *Put my 'main hopes' sheet on the fridge door where I can see it* • *Talk with James about me taking responsibility for some jobs – paying the bills maybe?* • *Join a support group?*

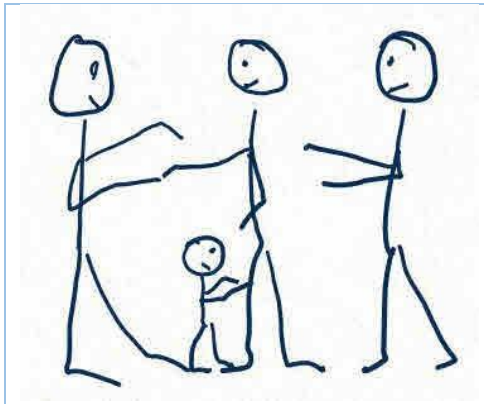
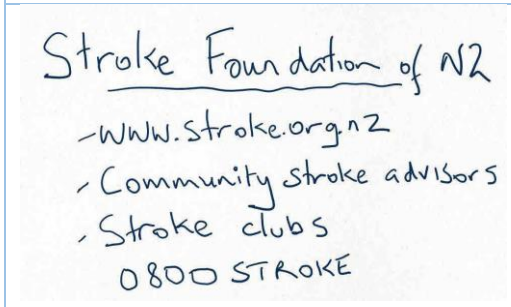
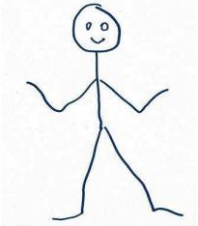
Information needs

	Date	Goals in own words	How to achieve these
	*For example*	*Understand more about stroke*	• *Talk to the GP* • *Try the internet?* • *Support group?* • *Ask family to write down (or voice record?) what they remember about what happened in the hospital?*
			
			
			

Financial issues like paying the bills, returning to work, using a budget, knowing about available supports

	Date	What I am trying to do	How I could achieve it – write down any ideas you have
	For example	*Reduce travel costs*	• *Apply for taxi discount vouchers* • *Apply for mobility sticker for windscreen* • *Which buses have the low entry step? (internet search?)*
			
			

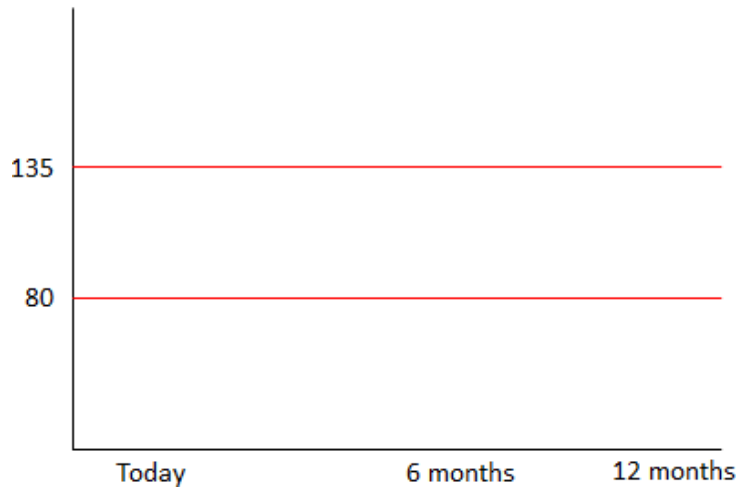
My support network – where I go for help, support, having a good time

	Date	What I am trying to do	How I could achieve it – write down any ideas you have
	*For example*	*Show my helpers how much they mean to me*	• *Invite Julie and Don for lunch soon* • *Skype call with Andrew and Jo?* • *Petrol vouchers for George* • *Buy James a present on-line*
			
			

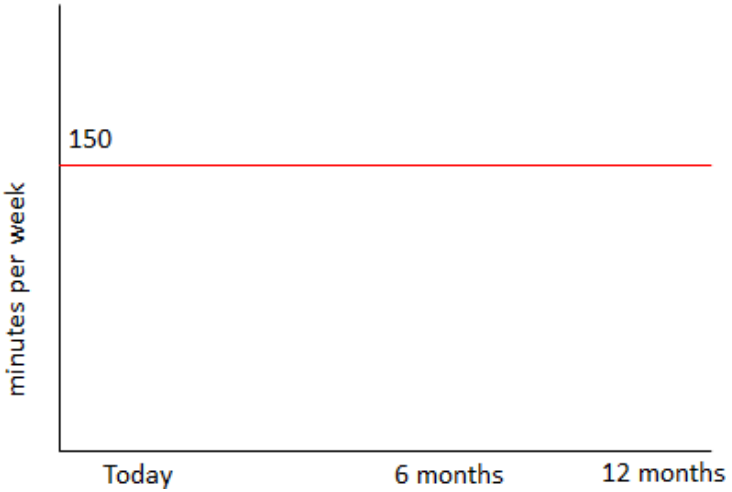
Preventing strokes and heart attacks in the future

	Date	What I am trying to do	How I could achieve it - write down any ideas you have
Blood pressure	*For example*	*Reduce my risk of stroke (my problems are high blood pressure, diabetes and cigarettes!)*	• *Measure blood pressure at home and set target with GP (less than 135?)* • *Stop smoking!* • *Have another look at my diet and weight* • *Exercise every day!*
Smoking			
Diet			
Exercise			
Diabetes			

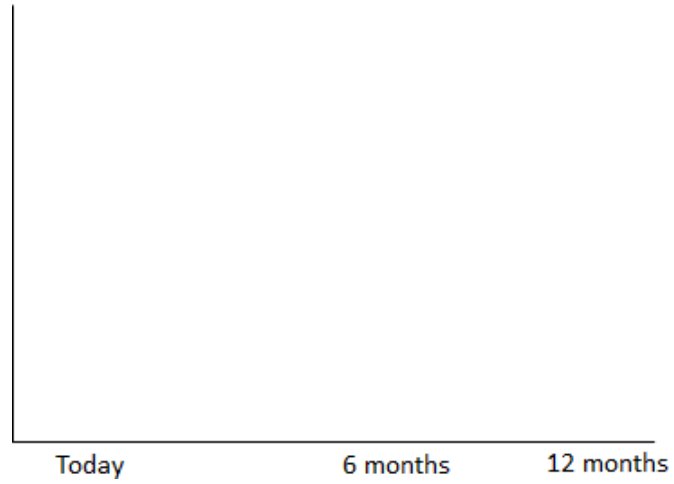
BP Target

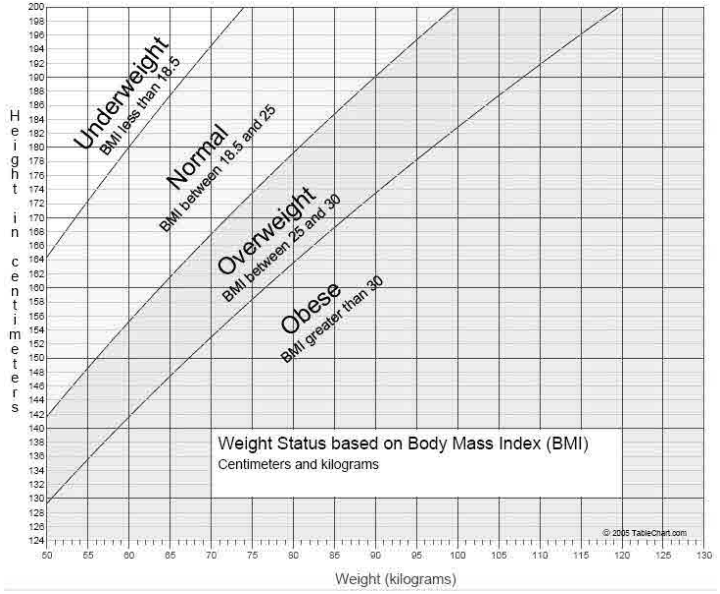


Exercise Target



Your Target for _____





Becoming the person who I really am - what do I dream of doing?

Sketch drawings in this column if you want

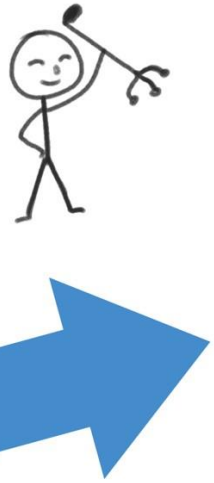
Date	What I want to do	How I could achieve it – write down any ideas you have
For example	*Grow and pickle cucumbers like my mother did*	• *Read up about it (RHS website?)* • *Talk to the man down the allotment about growing them* • *Buy seed!* • *Ask woman in deli for pickling recipe*

Taking charge: who I really am (spare)

For example:
weak, hard to talk, hard to walk, feel funny, tired, can't concentrate, lonely, sad, can't work, need help



A stroke person

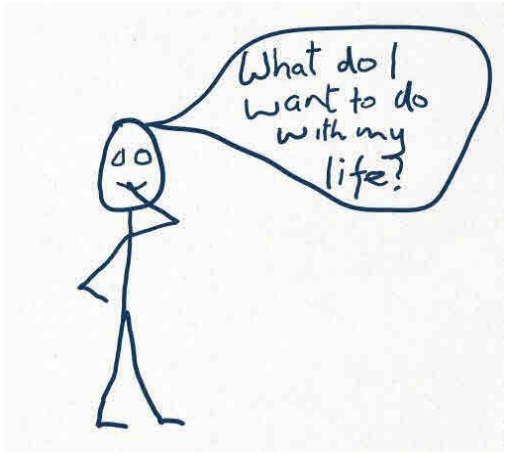


For example:
Mother, daughter, wife, choir member, helper, walker, gardener, grandma, teacher, friend, reader, joker, volunteer, strong, happy, energetic, warm, kind, gentle and lots more!



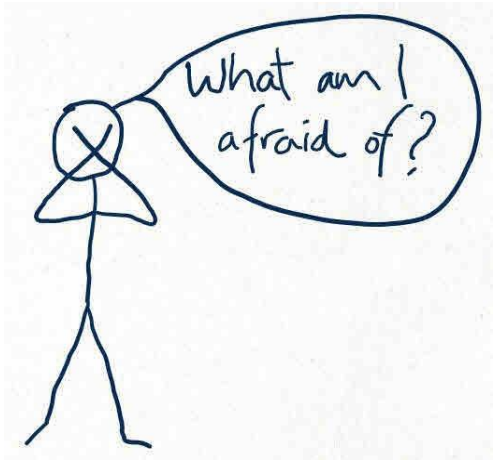
A person who happens to have had a stroke

Taking charge: looking beyond my stroke (spare)



Overall hopes, aims, aspirations for next 12 months

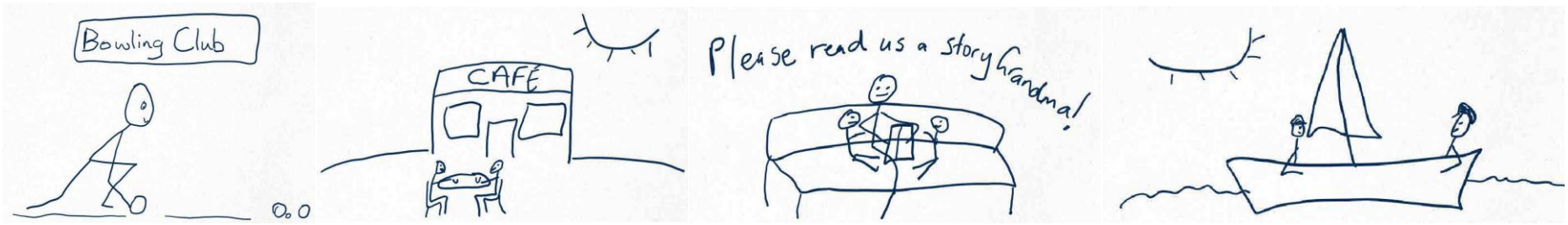
1.
2.
3.
4.



Main fears

1.
2.
3.

What would my ‘Best Day’ look like? (spare)



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