



Stroke Survivor
www.StrokeSurvivor.com

Paul E. Berger & Stephanie Mensh

*Award-Winning Author of
"How to Conquer the World With One Hand...And an Attitude"*

Paul Berger's
Conquering Aphasia
& Stroke *TODAY!*



Paul Berger's
Conquering Aphasia & Stroke TODAY!

*From the award winning author of the internationally-acclaimed
"How to Conquer the World With One Hand...
And an Attitude"*

By Paul E. Berger
and Stephanie Mensh

Copyright © 2010 by Paul E. Berger
and Stephanie Mensh
All rights reserved.
No part of this book may be reproduced
in any print, electronic or other format
or transmitted in any way
without written permission from the publisher.



Positive Power Publishing
P.O. Box 2644
Merrifield, VA 22116
Phone/fax: 703-241-2375

Visit our website at: www.StrokeSurvivor.com

USA \$9.95

This book represents one person's experiences and
is not intended to be medical advice.

Cover photo by Stephanie Mensh

What People Are Saying About *Paul Berger's Conquering Aphasia & Stroke TODAY!*

"I loved it! It is practical, informative, and easy to read—in part because of the good humor that underlies each section. An uplifting, must-read for all stroke survivors with aphasia. It's just terrific and I think it fills an important void in the post-stroke literature."

—Susan Ryerson, Neurological Physical Therapist, PT, DSc, Alexandria, VA

"I loved the book and it gave me inside information. Nice job."

—Adam Miller, Web Designer, Aneurysm Survivor, New York, NY

"I have been asking people for 30 years what helps and what doesn't work. I have recommended Paul's materials to my clients for years. This E-book adds new ideas and suggestions that are so very practical and useful."

—Bill Connors, Founder and Director of the Pittsburgh Aphasia Treatment, Research and Education Center and www.aphasiatoolbox.com

"This E-book offers positive reinforcement to stroke survivors and many good tips and solutions to the everyday and challenging problems that stroke survivors face. The parts about getting out in the community were some of the best parts. It is important that stroke survivors try to live as normal a life as possible. This book lets stroke survivors recognize that they can have a quality life which is full and fulfilled."

—Samuel Aylesworth, Stroke Survivor, Manassas, VA

"I thought this E-book had a good layout, was easy to read and was positive. My favorite parts were those that emphasized how goals change as you recover from a stroke and how technology and brain plasticity can facilitate recovery long term. This book demonstrates how stroke survivors can live well and achieve goals many years after their stroke."

—Melissa Richman, M.S., CCC-SLP, Program Director,
The Stroke Comeback Center, Vienna, VA

"I liked the E-book, it has a lot of good thoughts and seemed well thought out. I really liked the section on motivation."

—Janet Ross, MSW, RSW, Alberta, Canada

"I am really very impressed with this book. I think it can stand alone without reading "How to Conquer the World..." but it is particularly good knowing more about Paul's background. This E-book is very straightforward and easy to follow and contains—as usual for Paul's books—a wealth of information. Everyone can learn something from this E-book: survivors, caregivers, and professionals. It is inspiring, but it is also very helpful."

—Darlene Williamson, Founder & Executive Director,
The Stroke Comeback Center, Vienna, VA

Introduction

My name is Paul Berger. I had a stroke over 20 years ago at the young age of 36. Over the years, I have experienced many challenges and opportunities. Ten years ago, my book, "How to Conquer the World With One Hand...And An Attitude" was published, and I started my website, www.StrokeSurvivor.com.

My stroke caused my right side to be paralyzed and problems with my speech—aphasia and apraxia. But I did not let these challenges stop me from living a full life—as I describe in my first book of adventures. I am dedicated to helping others enjoy life, too.

This E-book is a guidebook for stroke survivors to return to everyday activities, and provides additional ideas, solutions and motivation. You can read it by itself, or use it as a follow-up to my other books. "Conquering Aphasia & Stroke TODAY!" gives you 50 real-life, Paul-tested tips based on many years of my own experience and the successes of other stroke survivors I have met.

I am not perfect. I continue to work on physical, occupational and speech-language therapy. I work on thinking, talking and writing everyday, and I continue to get better. I had help with writing and editing this special E-book, but I created, researched, organized, and pulled together the content.

I've organized this E-book around key themes of recovery and regaining your life:

- Hospital and coming home
- Solutions for all stroke survivors
- Conquering aphasia
- Enjoying recreation
- Returning to work
- Finding motivation
- Resources.

I invite you to visit my website for other information, and to collect all my books and products, including our other new E-books: "Stephanie Mensh's Conquering Aphasia & Stroke for Caregivers," and "StrokeSurvivor.com Articles to Take With You." Details appear at the end of this E-book.

Best wishes,

Paul



Table of Contents

Hospital and Coming Home.....7

Ask for Therapy Immediately
Getting Up From a Fall
Coming Home & Continuing Therapy
Grooming Made Easy
Support for Getting Out in the Community
There Are Many Sources for Aides

Solutions for All Stroke Survivors12

Doubling the Value of Speech, Physical & Occupational Therapy
In Case of Emergency...
Dining Out
Walk-Faster Goal
Stephanie: Speeding Up the Stroke Survivor
Manage Money With One Hand
Participate in Rehab Science & Research
Parking Tips
Driving After Stroke
The Car
Bioness Solutions

Conquering Aphasia.....20

Grocery Store Aphasia Therapy
How to Give Gifts
Building Aphasia “Muscle Memory”
Plan Ahead With Easy Lists and Notes
Speaking in Public After Stroke
Overcoming Speech Problems from Apraxia
Honoring My Dad
Stephanie: Passages
How to Look Smarter
Building Confidence on the Phone
Do You Know What I Mean?
Quick and Easy Reference
Stephanie: Measuring Speech Therapy Success
Seasonal Temperature Adjustments
See & Talk to Friends Everyday
WordQ
Stephanie: Words to Build Self-Confidence

Aphasia Solutions Network

Lingraphica

More...

Enjoying Recreation.....	31
Finding Sunshine Indoors With Hobbies	
Vacation Travel	
Planning a Successful Train Ride	
Swimming After Stroke	
Move, Move, Move	
Balancing Tools from Recycled Boxes	
Make Your Vote Count	
Returning to Work.....	36
Preparing for a Job Search After Stroke	
Returning to Work	
Try Your Local Community College	
Bridge to Work – Intern or Volunteer	
Successful Job Interviews with Stroke & Aphasia	
<i>Stephanie: Supporting the Survivor's Job Search</i>	
Finding Motivation.....	40
How to Feel in Control	
Equation for Success	
Overcoming the Blues	
How to Make Your Attitude Happy Like Springtime	
Improve Your Attitude With This List	
Resources.....	45
About the Authors.....	47
Stroke Survivor Books & Products to Inspire You.....	49



Hospital & Coming Home

Ask for Therapy Immediately

I was lucky to have a speech therapist as a friend before my stroke. **She urged my wife Stephanie to ask my doctors to order evaluation and therapy immediately after my stroke.** That was 20 years ago. Today, researchers are showing the benefit to many stroke survivors of early, aggressive therapy.

My stroke was very severe, but I believe that I continue to make progress today because the occupational, speech and physical therapists pushed me during my hospital stay and gave me motivation to continue after returning home.

Scientists, doctors, and therapists are learning a lot about how the brain works, and changing many of their old theories about recovery after stroke. I've seen a lot of improvement in my own physical and speech/language abilities over the years, and expect that medical science will eventually be able to explain how, and help me do more!

Getting Up From a Fall

When you have paralysis on one side, balance problems, and other side effects from stroke, like me, it's easy to stumble and fall while walking, and to fall out of your chair.

I remembered when I learned to ski before my stroke, they taught us how to get up on your skis after a fall. So, after my stroke, while I was still in the hospital and using a wheelchair, I asked my physical therapist to show me how to get up. I didn't want my wife to call the paramedics every time I found myself on the floor if I was not hurt.

Here's how we did it:

- **My therapist gently nudged me off the edge of the treatment platform (about 18 inches off the floor)**
- **Then she showed me how to rearrange my legs so my feet were in the right place to push up**
- **Then how grab the platform or a chair to pull myself up.**

Stephanie watched, too, in case I needed a little help. Lucky I learned this because a few days after returning home, I was dressing myself, reaching for a sock on the edge of the bed, lost my balance and fell on the floor. I was okay. Stephanie pulled a chair over while I moved my legs into place, then quickly pulled myself up.

If I can do it, you can do it, too. **Find a physical therapist who can help you learn these tricks.**