



**Stroke Survivor**  
www.StrokeSurvivor.com

Paul E. Berger & Stephanie Mensh

# ***StrokeSurvivor.com***

## ***Articles to***

### ***Take With You***



*StrokeSurvivor.com*  
Articles to Take With You

*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

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

## Introduction

Welcome to our collection of Articles for Stroke Survivors and Caregivers featured on our website [www.StrokeSurvivor.com](http://www.StrokeSurvivor.com) .

There are many times you need solutions and inspiration and cannot plug into the Internet. So we developed this collection from our website to take with you, put in your notebook, keep in your living room, and add your own notes and pages.

Successful stroke recovery is a process. Learning, trying new things, having hope, and keeping a sense of humor should be part of the daily routine. We wrote the internationally acclaimed book, “How to Conquer the World With One Hand...And an Attitude” to show how regular people can live fulfilling lives after stroke. This E-book is a collection of our favorite personally-tested tips for everyday success that we posted to our website.

We invite you to visit our website for other information, and to collect all our books and products, including our other new E-books: “Paul Berger’s Conquering Aphasia and Stroke TODAY!” and “Stephanie Mensh’s Conquering Aphasia & Stroke for Caregivers.” Details appear at the end of this E-book.

Best wishes in working toward your goals!

Paul

Stephanie



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## **Paul's Tips for Survivors**

## 10 Tips to Maximize Stroke & Aphasia Recovery

I had a stroke from a ruptured aneurysm when I was 36. I was severely disabled, paralyzed on my right side (“hemiplegic”) and unable to talk, read, or write (“aphasia”). I had inpatient rehabilitation until my insurance ended.

Although I made great progress in the hospital, when I came home I could not walk, I could only say a few words, and I was struggling to regain my reading skills. I wanted to continue my recovery, and believed that I could get better. It was hard, but I did it. Here’s how you can do it too:

**Tip # 1: Take responsibility for your recovery.** Consider your doctors, therapists, and other health care professionals as partners or coaches who guide you in making decisions.

**Tip # 2: Set treatment goals that are important to you.** You and your family should work with your health care “coaches” to set goals that will motivate you to work hard on your recovery. [See my article, “Setting Goals to Recover from Stroke,” and Stephanie’s article, “Setting Goals for a Stroke Survivor: From the Caregiver’s Perspective.”]

**Tip # 3: Maximize inpatient therapy.** Research in the field supports what I learned from my own experience: you should push for as much intensive rehabilitation and therapy as you can take every day, starting on the first day. It works! Also, maximize the use of new technology, devices, and equipment you can receive during your inpatient stay for diagnosis, evaluation, and treatment. Once you are discharged, insurance coverage rules are different.

**Tip # 4: The end of insurance coverage does not mean the end of recovery.** Physicians often prescribe the amount of therapy that is typically covered by insurance, and some therapists scale their treatment plans the same way. Generally, they do this because they believe that patients can’t pay for therapy not covered by insurance. Work with your therapists and physicians to develop and continually revise a treatment plan that targets your individual needs, not your insurance coverage.

**Tip # 5: Before insurance ends, try to negotiate more.** Since insurance companies, including Medicare, set general rules for coverage, find out exactly how many dollars or sessions your plan covers for each type of therapy. If you have a treatment plan that goes beyond their rules, urge your therapist or physician to call or fax on your behalf to extend coverage.

**Tip # 6: Consider all forms of therapy and rehabilitative care for stroke recovery.** This means speech, occupational, physical, respiratory, recreational, psychological, spiritual, and vocational. Consider alternatives like yoga and massage. The