

Speaking from Experience

Stroke in Midlife USA

Transcript for Chapter 9 of 9: Words of wisdom

Carmel –

To someone who's recently had a stroke, I would tell them that the future is up to them. They have a choice. They can choose to spend it quietly with a caregiver, doing not a whole lot of anything or they can choose to make their life as full as possible.

Colin & Caroline –

Don't lose hope that you're going to get better because it does keep getting better. Just keep trying, don't give up. You reach plateaus where you think nothing's going on, but it's just a plateau, it just... it levels out, everything's slowing up but it'll start getting better again. Just keep working at it because it just keeps getting better. It's not gonna stop, it'll keep getting better the more you try.

Trish –

Failure is not an option. Be brave and strong!

Colin & Caroline –

Any of the challenges that you have, the only way to... if you find something difficult after a stroke the only way to get to be able to do it is to actually go and do it. So even though it's tough, you just have to say... you know, bite your lip and say, "Okay, I've got to do it," because the more you do it, the easier it gets.

Cynthia –

Every stroke is very different. Every person's recovery is different, and their own. Which is why I'm such an advocate for standing up for yourself and talking about what you need and doing your own... educate yourself and learn about it so that you can come from a place of knowing.

Sachi –

Life is full of curveballs so you have to go... depending on the stage you have to adjust my life that way.

Dave –

Your life may be very different, but you may find out like I did that you like this different life. And you just need to be patient. That's probably the biggest thing I had to learn was patience because this is not something we recover from quickly. It's not like we have surgery and it's over, a couple of months of recovery and we're done. It takes a long time and you may have lingering effects for a long time. But if you allow yourself to be okay with having bad days, but... and make sure you celebrate the good days and just have fun with it. You just gotta have fun. There's new things you will explore and if you allow yourself to explore it, you'll find that life is fun.

Sachi –

Life is not one person on their own. It's full of people intertwined and so precious and it shouldn't be given up. You should pursue your future no matter what condition you have.

Dave –

Just allow life to come to you. It's gonna be great. It has been for me and it continues to be.