



Speaking from Experience *Stroke in Midlife*

Transcript for chapter 9 of 9: Closing thoughts

Leonie, 37 years, stroke 4 years ago & husband George: Partners and family, I would just tell them to do everything they could to let, let's not call them 'victim, the person who had the stroke know that you're there. That you're always, that you still love them, that they're no different.

Robyn, 48 years, stroke 11 years ago, & mother Cath: But now it's a lot better, walking.

Robyn & mother Cath: To keep trying.

Robyn & mother Cath: Yeah, I mean, keep trying. I mean that's slowly. But keep trying.

Robyn & mother Cath: Yes, well it is interesting, that after 11 years she's still improving.

Leonie & husband George: We've had it, we're getting better and we will continue to get better.

Noelene, 63 years, stroke 7 years ago: You must be positive and help yourself.

Leonie & husband George: Think of your family. Think of your husband, your wife, your children, and realise if you can that they're there to help you.

Helen, 54 years, stroke 11 years ago: Life, possibly, is not going to be the same again, but there is tremendous support available for people. When you're down, try and lift yourself up. Of course you'll have down times, but to be encouraged that people do, can and do, go on and make recoveries. Right, our lives aren't like what they were before, we're going to experience tremendous suffering and difficulties, but we are the same people. People of value, people to be loved and people who can contribute, even though it might be in a very different way to the way it was before we had before.