

Speaking from Experience
Stroke in Midlife USA

Transcript for Chapter 8 of 9: Attitude now

Colin & Caroline –

Overall, I think it's changed my life but I wouldn't say it's destroyed my life, it's just made my life different.

Dave –

I still wish I hadn't had it, but I honestly feel like I've been able to kind of make the most of it and come out the other side feeling really pretty good about myself, learning things about myself that I didn't know and still having fun.

Cynthia –

It's helped me be a person of more depth, have more depth and understanding than I would have before in terms of what people are dealing with and it developed in me more of a sense of community in that I want to help other people I see, whatever stage they're in in their recovery.

Carmel –

There's lots of things that I do post-stroke. And I'm still the same person in that I'm still the caring, empathetic person that I was before the stroke but the big difference after the stroke is that I've learned that I have to slow down. And that was maybe the reason I had my stroke, was that it was a sign that "Carmel, you have to slow down your life." You know, A-type personality just going, going, going but you're still going to be that A-type personality, but you gotta slow it down a little bit.

Sachi –

Improvement is really little, but compared...I try to remember the first week of my stroke. Then that's a really big change.

Colin & Caroline –

I find 10 years on, I still see improvements now. It's not...the whole recovery... it's not something that just happens in the first year. I know that when I first had my stroke 10 years ago, the belief was that what you had after a year was what you were stuck with. And after a year I was still in a walker and was really not functioning properly and now if you catch me at the right time of day, you wouldn't know I've had a stroke at all but I still see improvements. It still keeps getting better and that's just because I keep going at things and every time something's difficult I just say, "Okay, that's difficult so I've just actually now have got to do it."