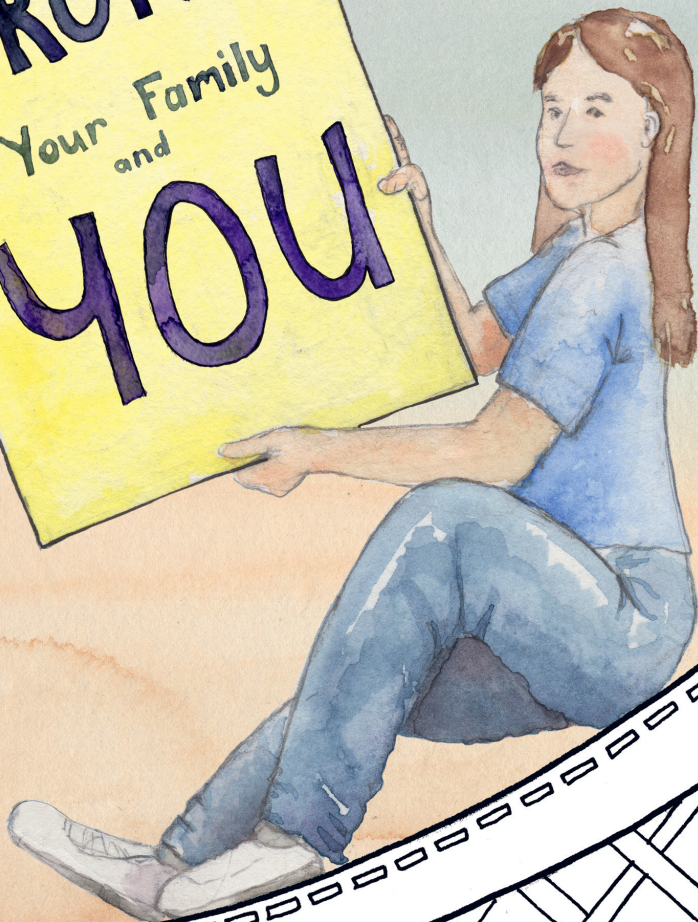


STROKE
Your Family
and
YOU



If you are reading this it probably means someone in your family has had a stroke. It might be your mum or your dad, or it might be your little brother or sister.





You might be feeling confused
and hearing lots of things you
don't understand.



After a stroke, some people have trouble walking. Some people have trouble talking.

Some people might look OK and sound OK but might not be able to tie their shoes.



Some people might never walk or talk again.

Some people could have trouble remembering things.

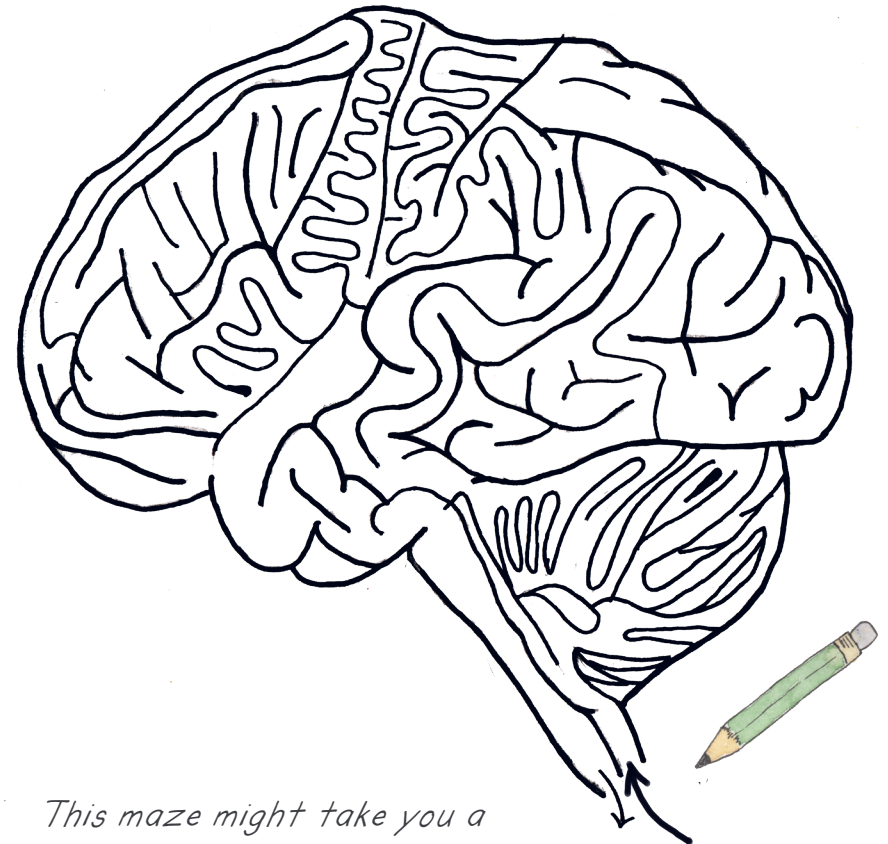


Every stroke is different.

At first, no one can tell how things are going to end up for the person who had the stroke, not even the doctors.

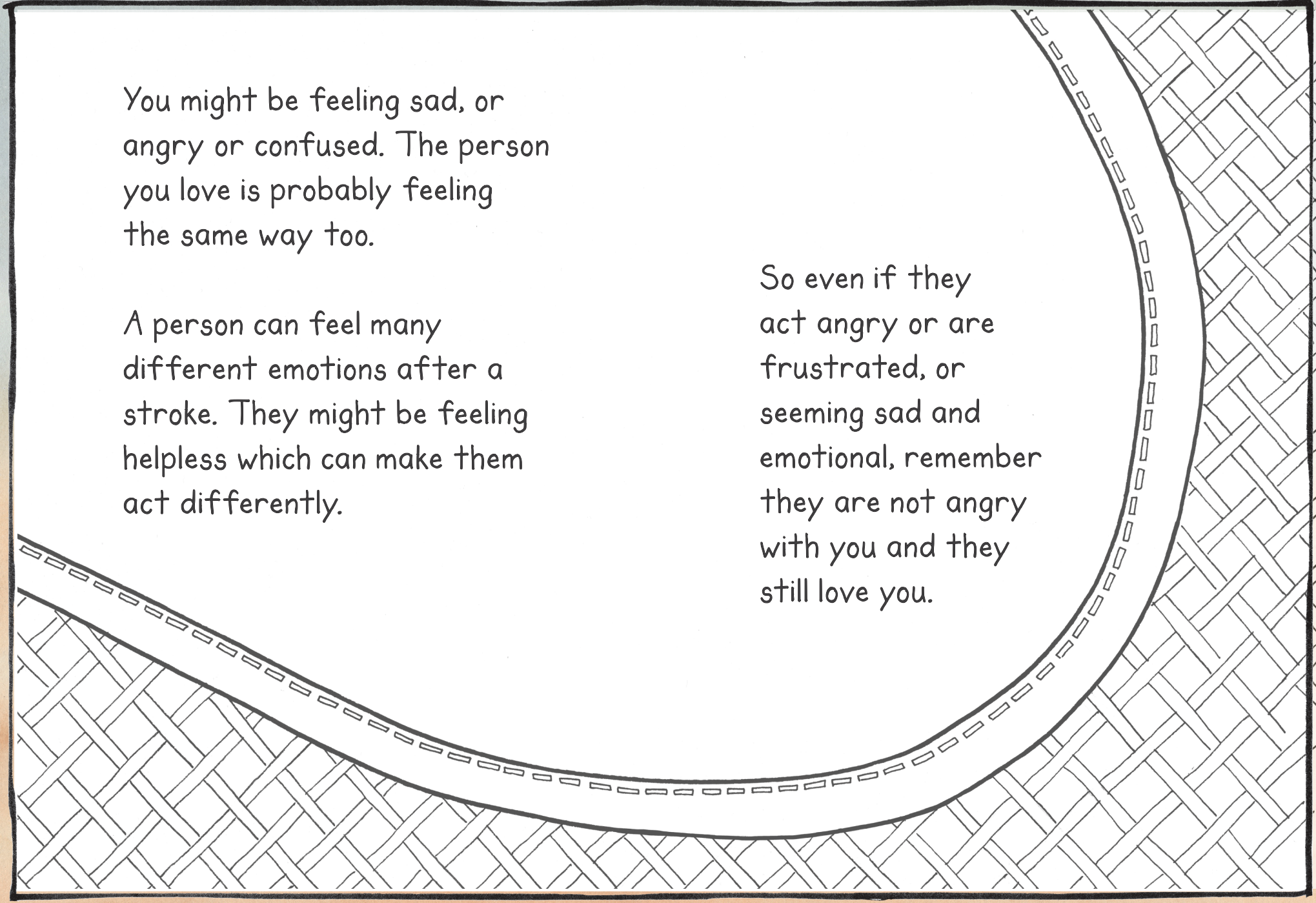
That's because we don't know enough about the brain and how it is damaged and how it will heal itself.

Sometimes waiting is the only thing to do.



This maze might take you a while to complete, or it may be quick. That's kind of how the brain heals after stroke. It is different for everyone.

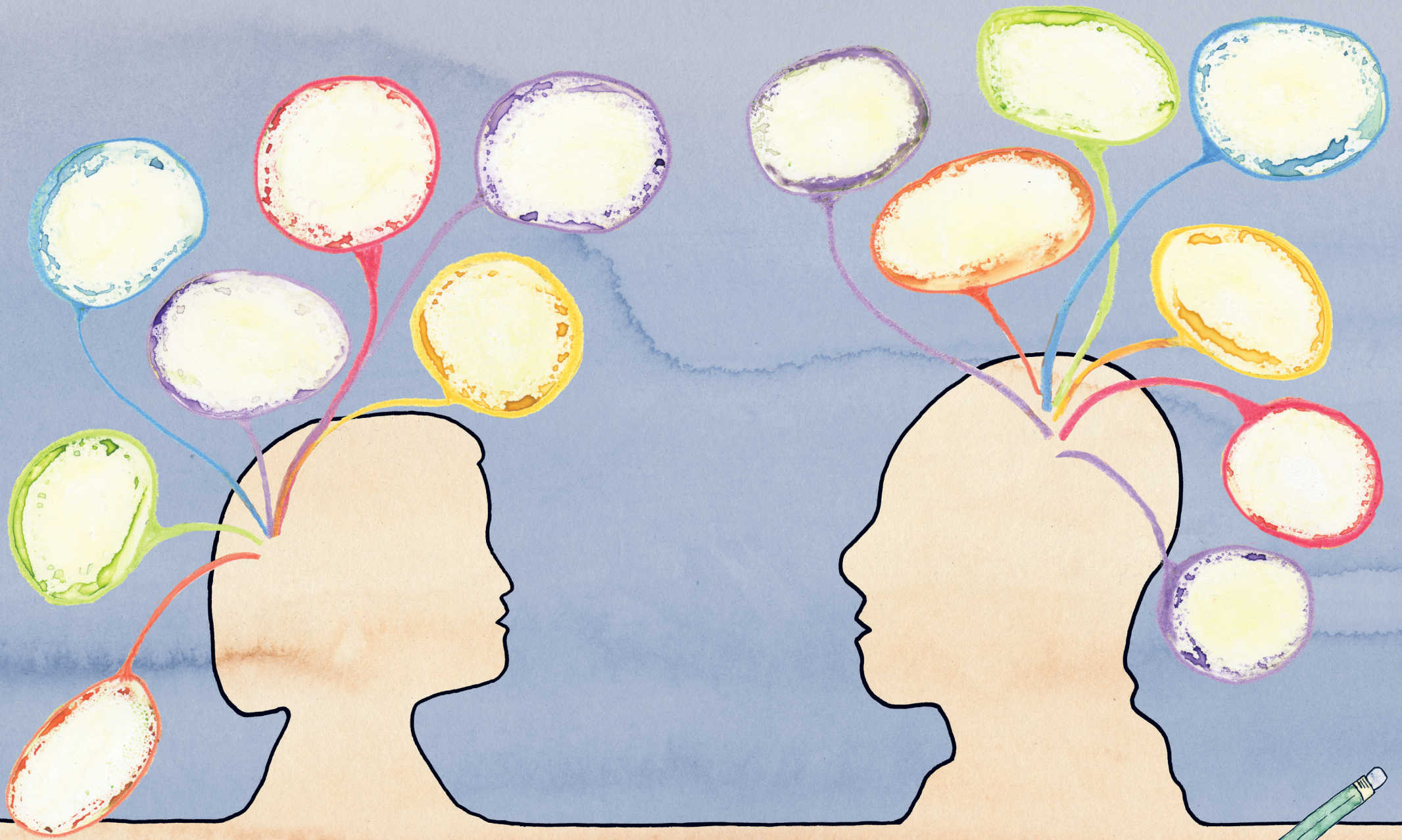
start here



You might be feeling sad, or angry or confused. The person you love is probably feeling the same way too.

A person can feel many different emotions after a stroke. They might be feeling helpless which can make them act differently.

So even if they act angry or are frustrated, or seeming sad and emotional, remember they are not angry with you and they still love you.



*Think about some of the emotions you both
might be feeling after the stroke and write
these in the balloons*

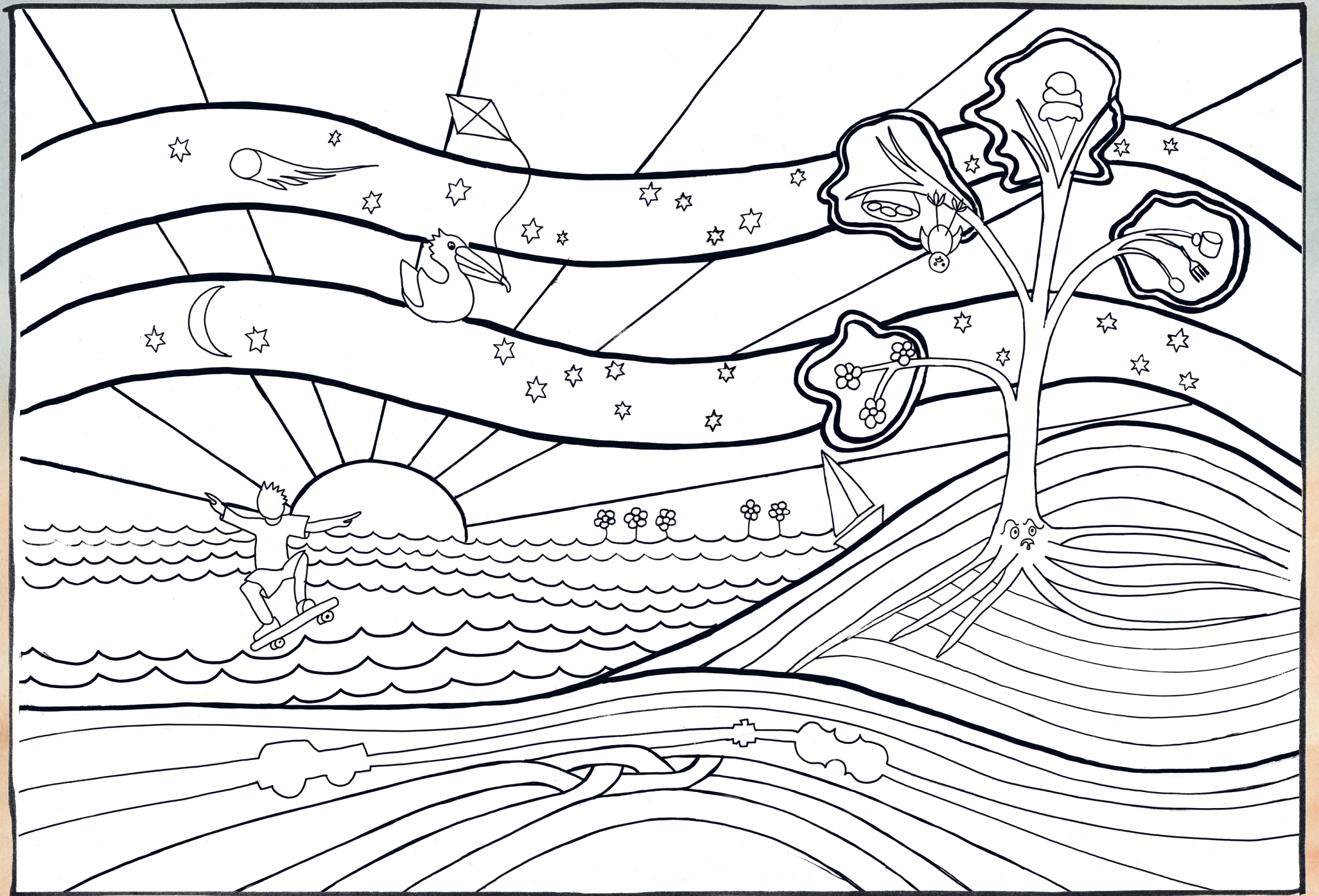
In the coming months and years, there may be changes for your family. You may experience some hard times and things might be difficult.

You might be worried about the future. Maybe you are hiding your own feelings because you don't want to worry others.

In some families, responsibilities will change as the family responds to the needs of the person who has had the stroke.

It might be helpful to write down some of the changes happening in your family in case you want to talk to someone about them later.





Although things may feel strange,

it is not your fault. It never will be.

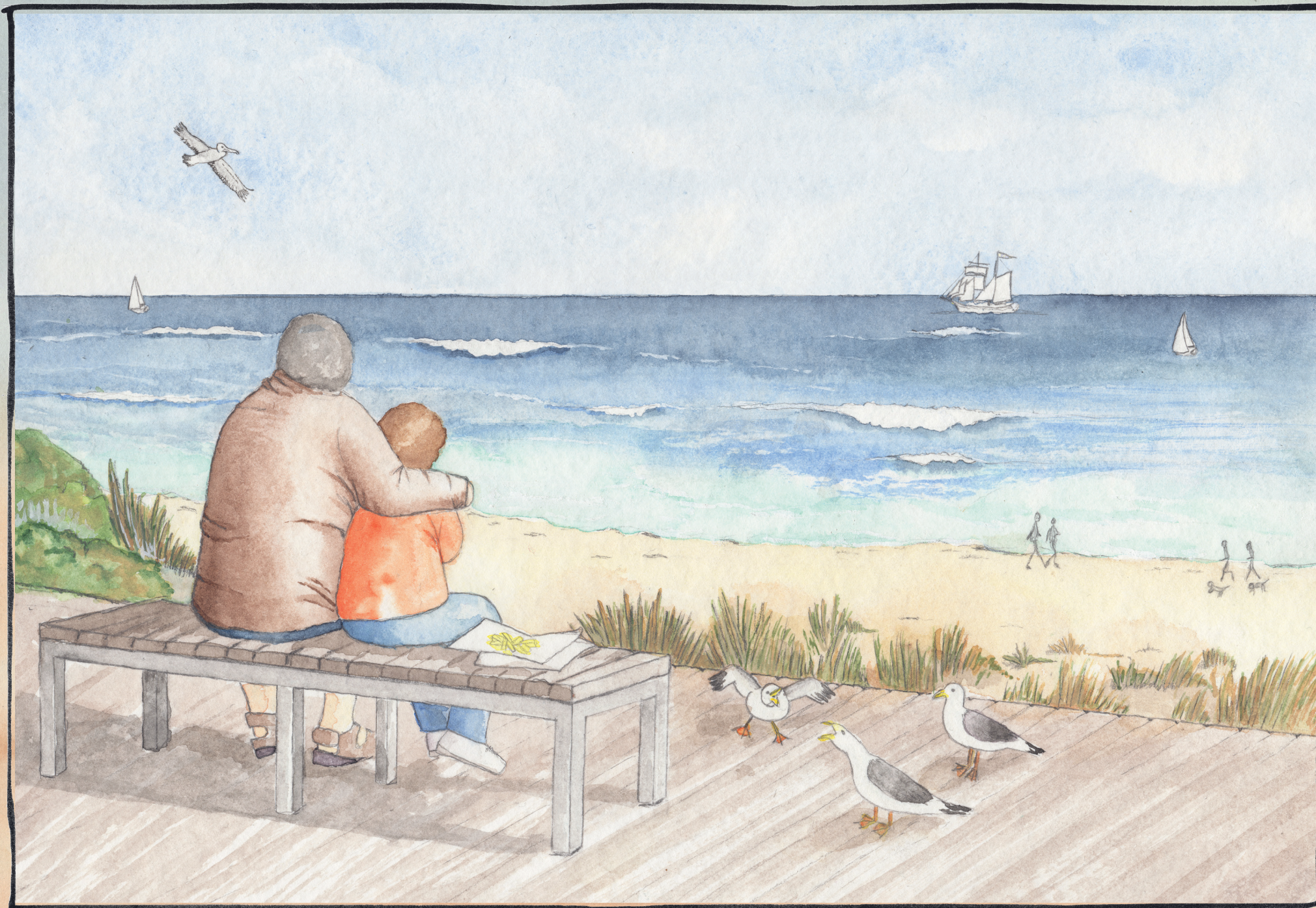


So, what can you do?

Keep doing things
you enjoy.

*What things do you enjoy
doing with someone else
or on your own?*

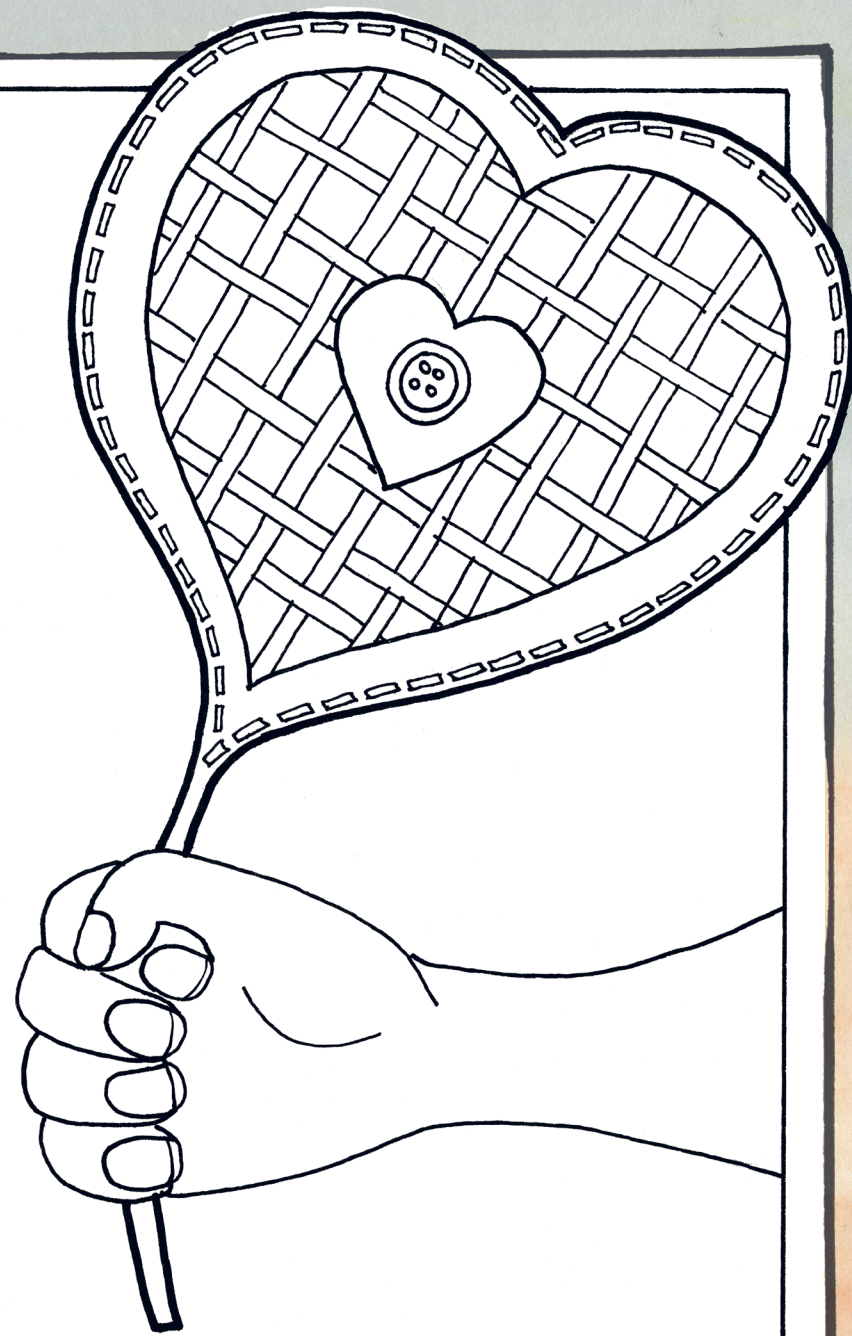
Write some down here.

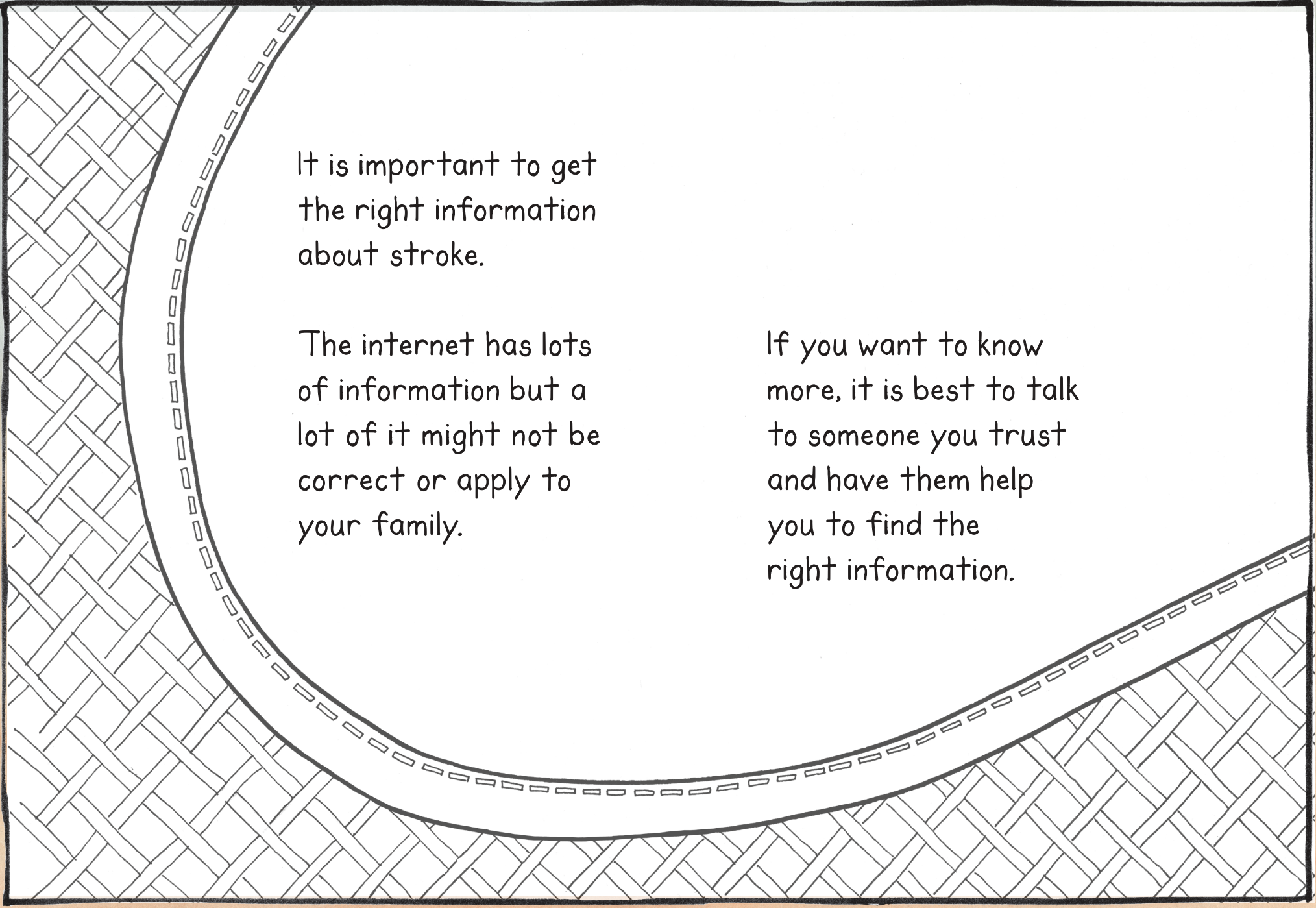


Talk to someone you trust.

Visit and talk to the person
you love. Tell them you love them,
even if they can't talk back.

Remember, they still love you.



The page features a decorative border with a woven, basketweave pattern. A dashed line runs along the inner edge of this border, creating a curved path that frames the text. The text is arranged in three paragraphs within this white space.

It is important to get
the right information
about stroke.

The internet has lots
of information but a
lot of it might not be
correct or apply to
your family.

If you want to know
more, it is best to talk
to someone you trust
and have them help
you to find the
right information.

Notes

A series of horizontal lines for writing notes, starting below the 'Notes' header and extending to the bottom of the page.

Hi,

I'm Anthea. When I was five, my dad had a stroke and I struggled a lot to understand what was happening to my family.

This is a booklet I wrote for you to use if someone close to you has had a stroke. There are pages to read, colour and write on and hopefully it will help you.

Anthea ♡

Written by Anthea Wills and Illustrated by Marie Wills

