

## OTHER STROKE RESOURCES

### National Stroke Association

[www.stroke.org](http://www.stroke.org)

- FREE subscription to Stroke Smart magazine
- FREE download of Hope: A Stroke Recovery Guide



### American Stroke Association

[www.strokeassociation.org](http://www.strokeassociation.org)

- FREE subscription to Stroke Connection magazine



### National Aphasia Association

[www.aphasia.org](http://www.aphasia.org)



### New Orleans Brain Aneurysm Support Group:

[www.brainsupportnola.com](http://www.brainsupportnola.com)

### National Family Caregivers Association:

[www.nfcacares.org](http://www.nfcacares.org)

**FOR MORE INFORMATION ON  
THIS SUPPORT GROUP,  
CALL (504) 702-5019**

### University Medical Center New Orleans

2000 Canal Street  
New Orleans, LA 70112  
(504) 702-3000  
[umcno.org](http://umcno.org)

PROUD MEMBER OF **LCMC** | HEALTH

## STROKE SUPPORT GROUP

# DIFFERENT STROKES

Encouraging survivors and their loved ones to share their stories and support one another

**UMC**  
UNIVERSITY  
MEDICAL CENTER  
—NEW ORLEANS  
REV. AVERY C. ALEXANDER  
ACADEMIC RESEARCH HOSPITAL

## WHY WE MEET

- To share our experiences
- To offer support
- To find hope
- To form friendships
- To learn
- To connect with others facing similar challenges

## WHEN AND WHERE WE MEET

**First (1st) and Third (3rd)  
Tuesday of the Month**

1 - 2 p.m.

University Medical Center  
2000 Canal St, New Orleans, LA 70112

Outpatient Rehabilitation Center  
First floor, Clinic 1C  
(Past Walgreens pharmacy)  
Conference Room

## WHEN THERE SEEMS TO BE NO HOPE

Chen's family was very worried about him. Ever since his severe stroke the month before, he had been acting very strange. He had aphasia and couldn't understand what people tried to tell him. He seemed to have given up on trying to communicate. In fact, he just sort of shut down. He often cried, too, which wasn't at all like him.

Elaine, Chen's wife, and their grown sons knew this behavior was unusual and that it probably required professional help. First they discussed Chen's aphasia with his speech therapy specialist. They wanted to see what they could do to lessen Chen's frustrations.

"Just keep trying," Cheryl told them. "If talking doesn't seem to work, try pantomiming. Try using pictures to communicate. Reassure him and encourage him to stay relaxed. He's been through a big change, and it's going to take time for everyone to adjust."

Still, despite their efforts, Chen seemed to withdraw more and more. It was clear that Chen's illness had affected his family, too. With Chen's agreement, the whole family joined a stroke support group. Every week they got together with other families that were experiencing the same things they were. It felt good to have a place where they could get their anger, fears, and confusion off their chests. The best part was being with other people who understood what they were going through.

Source: American Heart Association Family Guide to Stroke, ©1994, American Heart Association. Published by Times Books, a division of Random House, Inc., 1994.