

Books and resources about stroke

Many people find it useful to find out as much as possible about stroke and its effects. Here we have suggested books, DVDs and online media that may interest you. They cover general information and specific topics such as aphasia, personal experiences of stroke and information for carers. The books listed here are available from major bookshops, online retailers or directly from the publishers.

Books about stroke

Conquering Heart Attacks and Strokes

Sari Harrar

Paperback, 2011, Reader's Digest Association

This book discusses the risk factors for stroke and heart disease, and provides practical advice on managing your risk factors. Includes tips on losing weight and exercise plans.

Stroke at Your Fingertips

Dr Anthony Rudd, Penny Irwin and

Bridget Penhale

Paperback, 2005, Class Publishing

This book provides information about stroke from prevention to recovery and offers ideas to help you regain mobility and strength. It tackles the questions you may feel uneasy asking your doctor and includes information for family members. It is written in a question and answer format.

Stroke for Dummies

John R. Marler, M.D.

Paperback, 2005, Wiley Publishing

This book includes information about the symptoms, diagnosis, and treatment of

stroke, as well as advice about recovery and rehabilitation. One of a series of American handbooks written in lay terms.

Stroke Prevention, Treatment and Rehabilitation

David Spence and Henry JM Barnett

Paperback, 2012, McGraw-Hill

Aimed at medical professionals, this book includes chapters written by various authors. It provides an overview of the pathology of stroke. It also explains how to prevent stroke and how to treat it, including rehabilitation techniques.

Stroke: The Facts

Dr Richard I Lindley

Paperback, 2008, Oxford University Press

An illustrated, user-friendly guide for all those affected by stroke, and a useful introduction to stroke medicine for professionals.

Understanding Stroke

Editor Rosemary Sassoon

Paperback, 2013, Book Guild Ltd

This book contains chapters written by a variety of specialists for patients, carers

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and healthcare professionals. Topics include younger people, children, speech and language therapy, cognitive problems and the Bobath technique.

When Lightning Strikes

Dr Valery Feigin

Paperback, 2005, HarperCollins

This book covers stroke prevention, management and recovery in nine clear and illustrated chapters.

Books written from personal experience

Also see some of the titles listed under *Rehabilitation* and *self-help*.

A Stroke of Misfortune

John Greenridge

Paperback, 2010, AuthorHouse UK

This book is written by the husband and carer of a stroke survivor. He tells his story of how he devoted his life to helping his wife, Margaret, to recover.

Climbing the Mountain: Stories of Hope and Healing after Stroke and Brain Injury

Candis Fancher, Lindsey McDivitt and Jacquelyn Fletcher

Paperback, 2009, Fairview Press

This is a collection of stories from survivors of stroke and brain injuries and their families. On the road to recovery, they reveal how simple therapeutic techniques can enhance recovery, while acknowledging that not everyone makes a good recovery.

The Diving Bell and the Butterfly

Jean-Dominique Bauby

Paperback, 1997, Fourth Estate

Mr Bauby, the editor of the French magazine *Elle*, suffered a massive brainstem stroke resulting in locked-in syndrome. He dictated

this book by blinking his eye in response to assistants reading out the letters of the alphabet. His story was released as an award-winning film in 2007.

Falling and Laughing: The Restoration of Edwyn Collins

Grace Maxwell

Paperback, 2009, Ebury Press

In 2005, Edwyn Collins suffered a debilitating and near fatal brain haemorrhage. This is a personal account of his recovery written by his wife and manager. Amazingly, the former Orange Juice singer was able to return to the stage in 2007. He regained his speech and mobility, and then focused his attention on relearning to draw with his left hand.

Four Minute Warning

MJ Tolley

Paperback, 2010, Lulu

MJ Tolley had a stroke due to bleeding in the brain at the age of 14. Here, he gives a personal account of how it affected his adolescent years and how he rebuilt his life.

In the Blink of an Eye

Hasso and Catherine von Bredow
Hardback, 2009, Orion Publishing

Hasso von Bredow (a father of three and successful businessman) had a massive brainstem stroke, leaving him with locked-in syndrome. Totally paralysed but with complete awareness, he used coded blinking and state of the art technology to write this moving and life-affirming memoir, letter by letter, helped only by his wife.

My Stroke of Insight

Jill Bolte Taylor

Paperback, 2009, Hodder & Stoughton

Jill Bolte Taylor was 37 and working as an anatomist when an arteriovenous malformation (AVM) in her brain burst, causing

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a stroke. She was in the unique position of recognising what was happening to her. This book describes her long recovery and the lessons she has drawn from it.

My Year Off: Rediscovering Life After a Stroke

Robert McCrum

Paperback, 1998, Picador

The author and journalist had a severe stroke at the age of 42. He spent three months in hospital, and the next year recovering. He then returned to his job as literary editor of the *Observer* newspaper, and became actively involved with the charity for younger people affected by stroke, Different Strokes.

Time Out of Mind

Jane Lapotaire

Hardback, 2003, Virago Press

The actress and author recalls her experience of a stroke due to bleeding in the brain, and the emotionally difficult aftermath.

What Are You Thinking of, Dad?

Nick Wisby

Paperback 2011 Matador

Nick was 15 when his father had a stroke and lost the ability to communicate. He tells the story of his experience of living with this situation and how it changed the family dynamic.

Books for carers

Caring and Coping: A Guide for Relatives

Gwen Knight

Paperback, 2006, Connect Press

This book offers advice, tips and guidance for relatives and friends of someone with aphasia. Researched and designed by a family support worker, it includes advice from people with aphasia and their relatives,

with ideas about how to deal with change, manage difficult emotions and look to the future.

The 36 Hour Day

Nancy Mace

Paperback, 2011, John Hopkins

University Press

This is a complete guide for carers of people with dementia or memory loss. It explains the conditions, discusses research and gives practical advice about the everyday aspects of caring.

When Your Spouse Has a Stroke – Caring for Your Partner, Yourself and Your Relationship

Sara and Jeffrey Palmer

Paperback, 2011, John Hopkins

University Press

This book provides guidance to stroke survivors and their partners on how to cope with a stroke. It focuses on caring for your partner whilst maintaining your relationship and ensuring that you look after yourself, too. It uses examples from couples and gives practical tips to cope with everyday challenges.

Books about communication problems

A Stroke in the Family

Valerie Eaton Griffith

Paperback, 1979

Reprinted 2010 by East Kent Strokes

This book outlines the stimulating exercises and games that the author developed when helping Patricia Neal (actress and wife of Roald Dahl) with her recovery from a series of massive strokes. To read extracts or order a copy, visit www.eastkentstrokes.org/links

Aphasia Therapy Workbook Vol. 1 and 2

Julie Guerrero, Winslow Press

These workbooks are designed for adults with aphasia. They set various tasks, including exercises in completing phrases, putting sentences in the right order, writing and spelling. Available from Winslow Press: www.winslow-cat.com

Better Conversations: A Guide for Relatives

Paperback, 2006, Connect Press

This book was designed with the advice of people with aphasia and their relatives at Connect. It contains tips, ideas and inspiration to help make conversation easier for relatives, friends and people with aphasia themselves. There are also suggestions for tackling barriers to conversation.

Conversation Support Book

Card (spiral-bound), 2009, Chest, Heart and Stroke Scotland

A practical book with a small collection of simplified pictures to aid communication. Available from Chest, Heart and Stroke Scotland (see page 9 for contact details).

Less Words More Respect: My Experience with Dysphasia

Monica Clarke

Paperback, 1997, Speakability

A personal account by Monica Clarke (a nurse, midwife, lawyer, activist and carer) about dealing with aphasia in a relationship after her husband's severe stroke in 1994. Available from Speakability (see page 10 for contact details).

The Man Who Lost His Language

Sheila Hale

Paperback, 2007, Jessica Kingsley

Sheila Hale and her husband, the historian John Hale, rebuilt their life together after a

stroke deprived him of the ability to write and speak. Moving and well researched, this is a useful book filled with information about aphasia.

The Stroke and Aphasia Handbook

Susie Parr, Carole Pound, Sally Byng and Bridget Long

Hardback, updated 2008, Connect Press

This handbook provides information on all aspects of life following stroke from the early days to getting back to life. It includes essential information and contacts for people with aphasia, family, friends, professionals and volunteers. (Also available from Connect.)

Talking About Aphasia: Living with Loss of Language After Stroke

Susie Parr, Sally Byng, Sue Gilpin and Chris Ireland

Paperback, 1997, Open University Press

This book covers the experience of losing language after stroke, based on the accounts of 50 people living with aphasia. The book takes a problem-solving approach, looking at different areas of life and how to overcome the difficulties aphasia may bring.

Medication

Adverse Drug Reactions

Editor Anne Lee

Paperback, 2005, Pharmaceutical Press

This is an essential guide to the most common types of reaction and how to recognise them for practitioners and patients. Guidance is given on how to manage suspected adverse drug reactions.

An A to Z of British Medicines Research: Stroke

The Association of the British Pharmaceutical Industry (ABPI), 4th edition

Paperback, 2008

This gives a brief guide to research on medication being carried out by the pharmaceutical industry in Britain. Aimed at the healthcare sector, patients, families and carers. Available to download from www.abpi.org.uk

The British Medical Association New Guide to Medicines and Drugs

Paperback, 2007, Dorling Kindersley

This book references over 2,500 medications (including prescription and over the counter types) and vitamins and minerals. It has a small section on high blood pressure and describes some of the drugs prescribed to control it.

British National Formulary Vol. 64

Joint Formulary Committee

Paperback, 2012, BMJ Publishing Group Ltd and Royal Pharmaceutical Society

This provides guidance on the medication prescribed in the UK for common conditions. It provides information on the use of certain types of medication, their side effects, common dosages and whether they interact with any other types of medication. It is updated every six months. Available to purchase or download from the Pharmaceutical Press, Tel: 0845 070 5656 Website: www.pharmpress.com

Rehabilitation and self-help

After Stroke

David M. Hinds

Paperback, 2000, Thorsons

David Hinds used to work as a stress management consultant. After having a series of strokes, he wrote this book. He includes many of the techniques he used in his former job to create a step-by-step recovery plan.

The Brain That Changes Itself

Norman Doidge

Paperback, 2007, Penguin

Norman Doidge is a psychiatrist and psychoanalyst who describes neuroplasticity: the brain's ability to reorganise itself by forming new neural connections (as it does after stroke). He introduces the reader to some incredible case histories.

Disability Rights Handbook

Paperback, 37th edition, April 2012-13

Updated yearly, this is an essential guide to welfare benefits and services for all people with disabilities and their families. Produced by Disability Rights UK (see page 9 for contact details).

Exercises for Stroke

William Smith

Paperback, 2010, Hatherleigh Press

The author of this book is an expert in rehabilitation exercise and a consultant for fitness, healthcare and wellness centres. This book has information on stroke and rehabilitation, and step-by-step illustrated exercises and exercise programmes to help improve mobility.

If Only I'd Known... Living with Ill-health, Injury or Disability

Paperback, 2011, The Royal

Association for Disability and Rehabilitation (RADAR)

This guide aims to provide all the initial information you need if you have suddenly become disabled, with signposts to more detailed information.

One-Handed Parenting: A Practical Guide for New Parents

Paperback, 2009, Disability, Pregnancy & Parenthood International (DPPI)

This book contains information on various aspects of baby care for one-handed parents. It offers practical tips and equipment ideas and may also be useful for healthcare professionals supporting one-handed parents. Available from DPPI (ref: T8) Tel: 0800 018 4730
Website: www.dppi.org.uk

The Plastic Mind

Sharon Begley

Paperback, 2009, Constable

The author uses the research around neuroplasticity to explore what it means to be human. It includes information about the science of the brain and how it can change.

Stroke Rehabilitation

Robert Fawcus

Paperback, 2002, Blackwell Science

The benefits of a multidisciplinary team are well understood by those involved in stroke care. Here a group of experienced healthcare professionals give their own perspective on the problems they encounter daily.

Stroke Survivor: A Personal Guide to Recovery

Andy McCann

Paperback, 2006, Jessica Kingsley

This is not just a personal story of stroke, but also a source of positive advice and information. It is written by a former sports coach and teacher who had a stroke at the age of 37. The author won the Stroke Association's Life after Stroke Courage Award.

Stronger After Stroke: Your Roadmap to Recovery

Peter G Levine

Paperback, 2009, Demos Medical

This motivating guide to the pathways and pitfalls of recovery from stroke is written by

a stroke researcher and therapist based at the University of Cincinnati (Ohio, US).

The Successful Stroke Survivor

Tom Balchin

Paperback, 2011, Bagwyn

The author of this book is the founder of the ARNI Trust (Action for Rehabilitation from Neurological Injury). Following his stroke aged 21, he created a training programme for himself which has helped him to regain his strength and movement. This manual teaches exercises to help recovery with the aid of images, so that stroke survivors can continue rehabilitation when their formal therapy ends.

Taking Charge of Your Stroke Recovery: A Personal Recovery Workbook

Roger and Kathy Maxwell, Daveda Lamont

Paperback, 2008, Taking Charge Books

This describes the self-help methods used by the author to complete his recovery after a disabling stroke. It includes a nutritional plan and worksheets to record your progress. A book of extra worksheets is also available.

Memory Problems

The Big Brain Puzzle Book

Terry H Stickels

Paperback, 2009, Time Inc.

Home Entertainment

This book contains three levels of challenging puzzles based on wordplay, creative thinking and visual games. This book has been approved by Alzheimers Association, USA.

The Brain Injury Workbook – Exercises for Cognitive Rehabilitation

Trevor Powell and Kit Malia

Spiral-bound, 2003, Speechmark Publishing

This workbook contains more than 140 rehabilitation exercises tailored for

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developing your memory, thinking and decision-making skills, awareness, insight, and emotional adjustment.

Coping with Memory Problems

Linda Clare and Barbara A Wilson

Paperback, 1997, Thames Valley

Test Company

Written for people with memory loss caused by illness or injury, this covers some important facts about memory problems and describes ways of tackling practical, everyday issues.

The Memory Box

Robin Dynes

2006, Speechmark Publishing

Primarily designed for therapy use, The Memory Box contains a book and 120 cards on topics such as family background, working life, places and achievements. The cards are used to help people to produce memory diaries and be able to discuss aspects of their life.

Memory Handbook – A Practical Guide to Living with Memory Problems

Alzheimer's Society, 2010

This booklet explains how your memory works and why you might have problems. It then goes on to describe aids and equipment that can help, and provides tips to improve your memory. It's available from Alzheimer's Society – code 1540 (see page 9 for contact details). Price £6, free to people with dementia.

Memory Games for Groups

Robin Dynes

Spiral-bound, 1998, Speechmark Publishing

This handbook features 80 adaptable games for individuals or groups of all ages. It is designed to help people share their difficulties and develop their memory skills.

Neuropsychological Rehabilitation

Barbara A. Wilson, Fergus Gracey, Jonathan J.

Evans, Andrew Bateman

Hardback, 2009, Cambridge University Press

This book proposes a holistic approach to rehabilitation for people with cognitive, emotional, or behavioural difficulties.

Swallowing problems

The Dysphagia Cookbook

Elaine Achilles

Paperback 2004, Cumberland House

This cookbook focuses on nutritious, tasty recipes for those whose eating options are limited by chewing and swallowing difficulties. It includes a classification of S, G or P indicating consistency levels of soft, ground or puréed.

Easy-to-Swallow, Easy-to-Chew Cookbook

Donna Weihofen, JoAnne Robbins and Paula Sullivan

Paperback, 2002, John Wiley & Sons

A collaborative work, this book draws on the knowledge of a nutritionist, a geriatrician and a speech therapist. It contains sections on understanding swallowing difficulties, recipes (including vegetarian options) and dietary supplements.

Guidelines for stroke care

These provide information about all aspects of stroke care and what should be happening at each stage of the stroke care pathway.

They explain what stroke and transient ischaemic attacks (TIAs) are, how they are diagnosed, the medication that may be prescribed, rehabilitation therapies and how to prevent stroke and TIAs.

National Clinical Guideline for Stroke

(England, Northern Ireland and Wales)

4th edition, 2012

Available from the Royal College of Physicians (see page 10 for contact details). A booklet for patients called *Care after stroke or transient ischaemic attack* is also available.

Management of Patients with Stroke or TIA: Assessment, Investigation, Immediate Management and Secondary Prevention

A national clinical guideline (SIGN) (Scotland) 2008 Scottish Intercollegiate Guidelines Network (SIGN)

Available from the Scottish Intercollegiate Guidelines Network (see page 10 for contact details). A booklet for patients called *Stroke assessment* is also available.

Management of Patients with Stroke: Rehabilitation, Prevention and Management of Complications, and Discharge Planning

2010 Scottish Intercollegiate Guidelines Network (SIGN)

Available from the Scottish Intercollegiate Guidelines Network (see page 10 for contact details). A booklet for patients called *Rehabilitation after a stroke* is also available.

Audio material

A number of our publications are available in audio format from our website. You can also call our Stroke Helpline outside of opening hours to listen to recorded information about stroke. See page 9 for our contact details.

Many books are also available in audio format. Some bookshops sell audio books on CDs, and there are companies that produce audio books in mp3 format that can be downloaded onto an ipod, kindle or mp3

player. The following resources may be useful.

Audible

Website: www.audible.co.uk

Audible provides digital audio books which can be downloaded and listened to on kindles, phones, ipods and mp3 players. They have over 60,000 titles.

Royal National Institute of Blind People (RNIB)

Helpline: 0303 123 9999

Website: www.rnib.org.uk

RNIB provide a Talking Book service and a Talking Newspaper service. They currently have 20,000 book titles and 230 newspapers.

DVDs and online media

From the Stroke Association

FAST training DVD (Recognise a Stroke: The FAST Test)

2012, Stroke Association

Our resource is for paramedics, first aid trainers and the general public. (This is not the advert shown on television to highlight the symptoms of stroke.) It is available from the Stroke Association (see page 9 for contact details). You can also watch this on YouTube: www.youtube.com/user/thestrokeassociation

You can find many of our short videos on YouTube. These cover events such as the Life after Stroke Awards, personal experiences of stroke such as My Stroke Victory, and campaigns such as the Lost for Words campaign. Some of the videos contain information about the symptoms of stroke and how to prevent stroke. Some of these clips are listed below, and all of the

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videos can be accessed online. You can view them at: www.youtube.com/user/thestrokeassociation

What is a Stroke?

2009, Stroke Association

This short film explains what a stroke is.

Preventing a Stroke

2009, Stroke Association

This short film discusses how to prevent a stroke.

DVDs

Life After Stroke

This DVD covers understanding a stroke, rehabilitation after a stroke, returning to the community, and life after stroke. It is available from the Stroke Foundation of New Zealand website: www.stroke.org.nz

Life After Stroke: Inspirational Stories

This DVD contains four stories from stroke survivors. It is also available from the Stroke Foundation of New Zealand.

Stroke Education Ltd (New Zealand)

This collection of three DVDs covers topics such as understanding stroke, rehabilitation and care at home, and coping with the aftermath of stroke. These DVDs have been supported by the World Stroke Organization. Available from www.stroke-education.com

Stroke Matters

This DVD includes two 20-minute films – ‘Making Sense of Stroke’ and ‘Facing the Future’. These films provide background information and feature people who have had a stroke dealing with the practical issues and challenges they face. Available from: Chest, Heart and Stroke Scotland (CHSS). See the following for their contact details.

Useful organisations

All organisations are UK wide unless otherwise stated.

Stroke Association

Helpline: 0303 3033 100

Email: info@stroke.org.uk

Website: stroke.org.uk

Contact us for information about stroke, emotional support and details of local services and support groups.

Alzheimer's Society

Helpline: 0300 222 1122

Email: publications@alzheimers.org.uk

Website: www.alzheimers.org.uk

British Heart Foundation

Tel: 0870 600 6566

Email: ordersline@bhf.org.uk

Website: www.bhf.org.uk

Chest Heart and Stroke Scotland

Tel: 0131 225 6963

Website: www.chss.org.uk

Connect

Tel: 020 7367 0840

Website: www.ukconnect.org

Disability Rights UK

Tel: 020 7250 3222

Website: www.disabilityrightsuk.org

RADAR

Tel: 020 7250 3222

Website: www.radar.org.uk

Royal College of Physicians (England, Northern Ireland and Wales)

Tel: 020 3075 1649

Website: www.rcplondon.ac.uk/bookshop

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Scottish Intercollegiate Guidelines

Network

Tel: 0131 623 4720

Email: sign@sign.ac.uk

Website: www.sign.ac.uk

Speakability

Tel: 020 7261 9572

Website: www.speakability.org.uk

Disclaimer: The Stroke Association provides the details of other organisations for information only. Inclusion in this resource sheet does not constitute a recommendation or endorsement.

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