



Stroke Information: References for Patients and Families							
Title	Author	Overview	Brochure/ Pamphlet	Web	Book	Available in Spanish?	Available for on-site use at Patient Library?
Web Suggestions							
The American Stroke Association www.strokeassociation.org		The division of the American Heart Association that's solely focused on reducing disability and death from stroke through research, education, fundraising and advocacy.		✓		✓	✓
MedlinePlus: Stroke www.nlm.nih.gov/medlineplus/stroke.html				✓		✓	✓
National Aphasia Association www.aphasia.org/		This nonprofit organization promotes public education, research, rehabilitation and support services to assist people with aphasia and their families.		✓		✓	✓
National Stroke Association www.stroke.org		The only national organization in the United States that focuses 100% of its efforts on stroke.		✓		✓	✓
General Resources							

Title	Author	Overview	Brochure/ Pamphlet	Web	Book	Available in Spanish?	Available for onsite use at patient library?
Stroke and the Family: A New Guide (The Harvard University Press Family Health Guides) Harvard University Press, 2004	J. Stein, M.D.	Written for patients and families coping with the after-effects of stroke, this is a comprehensive guide covering all the basics of stroke care, from prevention to returning home from the hospital through rehabilitation.			✓		✓
Living With Stroke: A Guide for Families Thomson Delmar Learning, 2001 (3 rd Ed)	R. C. Senelick and K. Dougherty	Information, advice and support for patients and their families dealing with the effects of stroke and the rehabilitation process.			✓		✓
The Stroke Recovery Book: A Guide for Patients and Families Addicus Books, 1998	K. Burkman	Basic, practical information presented in a simple, easy to use format.			✓		✓
After Stroke: Enhancing Quality of Life Haworth Press, 1998 (Reprint Ed)	W. Sife, editor	A compilation of essays from various clinicians and patients, this is an all-inclusive review of stroke recovery with information included for everyone, from patient, to caregiver, to clinician.			✓		✓
Life After Stroke: The Guide to Recovering Your Health and Preventing Another Stroke. Johns Hopkins Press, 2006.	J. Stein	A comprehensive guide to all aspects of stroke, including types of stroke, and various treatment and prevention techniques.			✓		✓
The Aphasia Handbook: a Guide for Stroke and Brain Injury Survivors. National Aphasia Association. 2004, American ed.	Martha Taylor Sarno, M.D. et al.	Presented in an attractive and easy to use spiral binding, with colorful tabs separating the different sections, this			✓		✓

Title	Author	Overview	Brochure/ Pamphlet	Web	Book	Available in Spanish?	Available for onsite use at patient library?
		handbook offers educational information, practical advice, and tips on living with aphasia. Composed in an accessible, engaging style and format, this handbook is an indispensable resource.					
Dr. Gavin's Health Guide for African Americans. American Diabetes Association, 2004.	J. Gavin, M.D., PhD.	A general book on African American health, with an emphasis on health issues such as high blood pressure and cholesterol, weight, heart disease and diabetes.			✓		✓
Guides for Caregivers							
After a Stroke: 300 Tips for Making Life Easier Demos Medical Publishing, 2005	C. Hutton	A helpful guide for caregivers covering every aspect of care, from basic grooming and transportation, to social adaptations and self-esteem. Also available in Spanish.			✓		✓
The Comfort of Home for Stroke: A Guide for Caregivers CareTrust Publications, 2007	Maria M. Meyer, Paula Derr, and Jon Caswell	A detailed book designed for caregivers on how to approach long term care in the home. This book mainly focuses on strokes in the elderly population.			✓		✓

Title	Author	Overview	Brochure/ Pamphlet	Web	Book	Available in Spanish?	Available for onsite use at patient library?
Stroke Survivors and Caregivers: Personal Accounts							
Your Mother Has Suffered a Slight Stroke PublishAmerica, 2001	Kathleen Bosworth	The author gives an emotionally honest account of dealing with the events of her mother's stroke, and shares the practical information she gained along the way.			✓		✓
My Stroke of Luck Harper Paperbacks, 2003	Kirk Douglas	Memoir by the well-known actor about his stroke and recovery.			✓		✓
How to Conquer the World with One Hand and an Attitude Positive Power Publishing, 2002	P.E. Berger, Mensh	An inspiring personal account of how a stroke survivor living with aphasia courageously redefines his life.			✓		✓
By His Side: Life and Love after Stroke Fastrak Press, 2002.	Eileen Steets Quann	Written with honesty and humor, this work explores the difficult decisions that must be made and the wide range of emotions experienced by the spouse-caregiver.			✓		✓
Stroke Survivors Under 50: Personal Accounts							
Don't Leave Me This Way: Or When I Get Back on My Feet You'll be Sorry HarperCollins, 2006	Julia Fox Garrison	This autobiographical work depicts the difficulties the author was presented with when she had a stroke at age 37. The book is filled with the humor, sarcasm and courage that helped her on the road to recovery			✓		✓

Title	Author	Overview	Brochure/ Pamphlet	Web	Book	Available in Spanish?	Available for onsite use at patient library?
Return to Ithaca: a Woman's Triumph Over the Disabilities of a Severe Stroke Element, 1997	Barbara Newborn	A powerful tale of courage and healing, this is the autobiographical account of a 22-year-old woman's stroke and her recovery process.			✓		✓
Brain Attack: Danger, Chaos, Opportunity, Empowerment. Cutting Edge Press, 2001	Paulina Perez	The author, a nurse and public speaker, chronicles her journey to recovery after a stroke which left her with aphasia.			✓		✓
Being a Stroke Family Caregiver. 2005. How a Stroke Affects Behavior. 2005. Understanding Stroke, 2005.	American Stroke Association	To order: Contact the American Stroke Association on the web www.strokeassociation.org and click on "Get printed information." Single copies are free.	✓				✓
Life After Stroke Series. Chicago, IL: 2000 --Spirituality --Nutrition --Sex After Stroke --Return to Work Following Stroke --Coping Following a Stroke --Driving Following a Stroke	Rehabilitation Institute of Chicago	To order: Contact the Rehabilitation Institute of Chicago at: Tel: (312)-238-2859 Fax: (312) 238-4451 Web: www.ric.org/education Email: education@ric.org 1-50 copies: 30¢ per booklet	✓				✓