



Coping with Life After Stroke

Mareeni Raymond

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Stroke is the greatest single cause of severe disability in the UK. Every year, an estimated 150,000 people in the UK have a stroke - that's one every five minutes, according to the Stroke Association. Most people affected are over 65, but anyone can have a stroke, including young people, children and even babies. A stroke is the third most common cause of death in the UK, and more than three times as many women die from stroke than breast cancer. It is also a leading cause of severe adult disability - more than 250,000 people live with disabilities caused by stroke. A stroke can have a devastating impact on individuals and families. Skills and abilities previously taken for granted may be severely damaged, or lost altogether, and people affected by stroke need as much practical, emotional and financial information as possible. This book aims to support survivors and their families through the first difficult days and weeks after a stroke, through to the recovery process over a period of months. It also discusses prevention of further strokes.

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