

Further information about stroke

We have tried to ensure that all the resources listed below are generally available either in bookshops or through online retailers or from sources indicated, but some may go out of print over time, or only be available second hand via online resellers. Libraries may also be able to obtain copies on request but this will not always be possible especially where an item is not published in New Zealand.

Booklets and leaflets produced by the Stroke Foundation of New Zealand

- Intimacy after stroke
- Understanding and preventing stroke and transient ischaemic attack
- Information for carers of those who have had a stroke
- About blood pressure
- He Toto Rere Pai He Tohu Ora – Lower Blood Pressure means Lower Stroke Risk (Māori)
- Slash the Salt
- Positioning for left hemiplegia
- Positioning for right hemiplegia
- Coping with Stress (A4 info sheet)
- Fatigue after Stroke (A4 info sheet)
- Emotional and Behavioural Changes after Stroke (A4 info sheet)

All of the above leaflets can be downloaded from www.stroke.org.nz/stroke-free-resources or by phoning the Stroke Foundation on **0800 78 76 53**.

Other information

The New Zealand Stroke and Aphasia Handbook, NZ edition published by Aphasia Association of New Zealand, (www.aphasia.org.nz) 2008, ISBN 978-0-473-17752-2. Originally published in the UK by Connect.

Feigin, Valery. *When lightning strikes*, HarperCollins, New Zealand, 2005, ISBN 9781869505356 Also available as an e-book.

Griffith, V.E. *A stroke in the family*. East Kent Strokes (UK), 3rd ed, 2010, ISBN 9780956512604

Josephs A. *The invaluable guide to life after stroke: an owner's manual*. Long Beach CA: Amadeus Press, 1992. ISBN 0963149393

National Stroke Foundation (Australia) strokefoundation.com.au.

Leaflets and factsheets can be downloaded from strokefoundation.com.au/about/library

Postal address: Level 7, 461 Bourke Street, Melbourne, Victoria 3000, Australia.

Stroke Association (UK) www.stroke.org.uk

Another extensive online library of resources, as well as publications available for purchase: www.stroke.org.uk/information/resource-library

A comprehensive book list can be downloaded from www.stroke.org.uk/resourcesheet/book-list

Postal address: Stroke Association House, 240 City Road, London, EC1V 2PR, UK.

American Stroke Association (USA) www.strokeassociation.org

Postal address: 7272 Greenville Avenue, Dallas, TX 75231, USA.

DVDs

Life after stroke. A four part DVD produced by the Stroke Foundation of New Zealand to complement this book:

- Part 1: Understanding a stroke: treatment in hospital, effects of stroke, feelings following a stroke, getting information
- Part 2: Rehabilitation following a stroke: preparing to leave hospital, rehabilitation, care at home
- Part 3: Returning to the community: relationships, being accepted in the community, organising the day, the role of the Stroke Foundation
- Part 4: Life after stroke for caregivers

Life After Stroke: 4 inspirational stories from Māori and Pacific people,
Stroke Foundation of NZ

The stories of young stroke people, Stroke Foundation of NZ

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