

NEW STROKE Caregiver Guide from *The Comfort of Home*™ Caregiver Series



The Comfort of Home™ for Stroke

A Guide for Stroke Caregivers

Maria M. Meyer and Paula Derr RN with Jon Caswell, *Stroke Connection Magazine*

“This book is a masterwork of clarity and completeness. It provides all the practical answers to the myriad questions—from medicine to Medicare, home care to self-care—faced by most family caregivers... There is no more helpful book available for the loved ones of stroke patients.”

— **BARRY J. JACOBS, PSY.D**
Author of *The Emotional Survival Guide for Caregivers*

ISBN: 0-9664767-8-6 ❖ ISBN 13:978-0-9664767-8-1 ❖ Softcover ❖ 7 3/8 x 9 ❖ 344 Pages ❖ \$24.95

Written with the expertise of Jon Caswell, lead editor and feature writer of the American Stroke Association's *Stroke Connection Magazine*, this book guides readers through every caregiving stage—from understanding personality changes, preparing the home, purchasing equipment, working with your healthcare team, through activities of daily living. *The Comfort of Home*™ for Stroke promises to take the fear out of home care and bring caregivers confidence and peace of mind. It is a "must have" for the caregivers of the 5.5 million stroke survivors in the U.S.

Sections Include —

- **Getting Ready** - Describes stroke and its causes and how to prepare for caregiving for a stroke survivor. It shows how to set up a home in a safe and comfortable way for the person who may have experienced extensive changes in mobility, speech, and other functional issues because of a stroke. Perhaps most important, it teaches how to communicate better with doctors, nurses, aides, pharmacists and insurance companies to get the services you need.
- **Day by Day** - Guides the reader through every aspect of daily care for the stroke survivor. This may be as basic as activities of daily living, such as bathing or helping someone transfer from a chair to a bed, and identify the warning signs that driving may be unsafe. Readers will learn how to avoid caregiver burnout—a special risk for stroke survivor caregivers.
- **Additional Resources** - A list of common medical abbreviations used by health care professionals, a glossary of terms, and information about free or low-cost resources.

ABOUT THE AUTHORS

Jon Caswell lead editor of the **American Stroke Association's *Stroke Connection Magazine***.

Maria M. Meyer is the co-author of *The Comfort of Home*™ caregiver guide series. **Paula Derr, RN** is a clinical educator with the Sisters of Providence Health System.

"If you are a caregiver - especially someone new to caregiving - you should read this book. It includes many tips and lists of resources... I recommend this book as a gift to a caregiver or someone who is thinking about becoming a caregiver."

— **LIN WISMAN,**
Strokenet

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