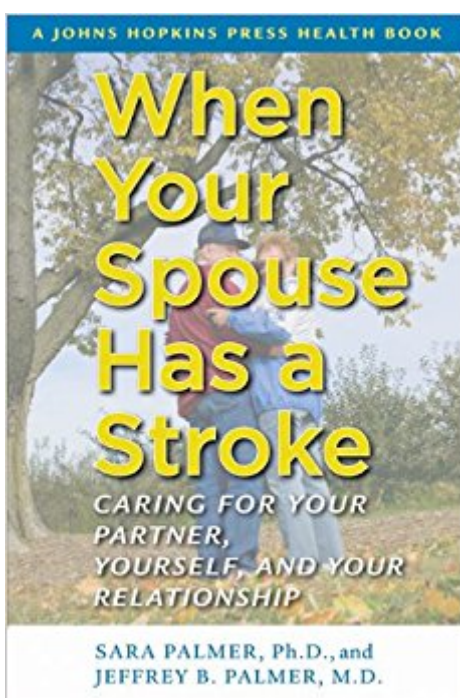


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# When Your Spouse Has A Stroke: Caring For Your Partner, Yourself, And Your Relationship (A Johns Hopkins Press Health Book)



## Synopsis

A stroke can alter two people's lives in an instant. For the person who has had a stroke, simple tasks suddenly become difficult or impossible. For that person's partner, life seems to revolve mostly around the stroke survivor's needs. Such a drastic change naturally requires making many, sometimes taxing, adjustments. In this book, two experts in stroke recovery help couples deal with the impact of stroke on their lives and their relationship. Drs. Sara and Jeffrey Palmer explain how to overcome three major challenges:   
• providing quality care for your partner   
• maintaining or rebuilding your relationship   
• caring for yourself as an individual   
The book invites you into the lives of real couples who are themselves coping with these challenges. Their experiences model how you can improve essential aspects of your relationship, including communication, roles and responsibilities, and sexuality. A list of practical tips summarizes each chapter, providing a handy reference guide to meeting each day's challenges. More than just a discussion of the medical and practical aspects of stroke and stroke recovery, this book focuses on the emotional, psychological, and social consequences of stroke and the deeply personal side of caregiving. *When Your Spouse Has a Stroke* will relieve your burden and strengthen your partnership.

## Book Information

Series: A Johns Hopkins Press Health Book

Paperback: 224 pages

Publisher: Johns Hopkins University Press; 1 edition (February 25, 2011)

Language: English

ISBN-10: 0801898870

ISBN-13: 978-0801898877

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,252,386 in Books (See Top 100 in Books) #92 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Strokes](#) #795 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Internal Medicine](#) #884 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Nervous System](#)

## Customer Reviews

"This book is unique and clearly needed by many families of stroke survivors." (Andreas R. Luft

CardioPulse)"This book is a treasure that each caregiving spouse can mine for helpful suggestions and better ways of handling the kinds of issues we all face." (Sandra M. Fowler PsycCRITIQUES)

Sara Palmer, Ph.D., is a psychologist and an assistant professor in the Department of Physical Medicine and Rehabilitation at the Johns Hopkins University School of Medicine. Jeffrey B. Palmer, M.D., is a professor and Director of Physical Medicine and Rehabilitation at the Johns Hopkins University and Hospital. Both are coauthors of *Spinal Cord Injury: A Guide for Living*, also published by Johns Hopkins.

One of the best books I have found which helps the stroke caregiver understand the stroke survivor situation. Highly recommended.

I have facilitated groups for caregivers of stroke survivors and groups for stroke survivors for four years and read many books related to stroke. No book has been as thorough in describing the impact of stroke on the marriage as this one. It is an easy read, clear and well-written. I recommend it highly to Caregiving Spouses, Stroke Survivors and psychotherapists who have clients impacted by stroke. A valuable contribution to the world of stroke.

This book should be on the required reading list for anyone learning to deal with this situation. It helped me to realize I am not alone or weak or crazy! Whew!

Just what I needed as a caregiver.

I feel that every spouse of a person who has a stroke should be given this book as soon as possible after the stroke. I wish I had known about it sooner.

Fairly dated. Didn't get much out of this book. Why is there a minimum on the number of words in review? Can one not be terse?

There are many books about life after having a stroke, but only this book( by Palmer and Palmer) , addresses the problem of maintaining a supportive marital relationship after a stroke. This is a critical issue because, commonly, stroke recovery is hindered by a combination of issues which tend to isolate the stroke survivor from the rest of the world, so maintaining the important spousal

connection is critical.

As a stroke survivor, I thought the book offered outstanding advice and techniques for dealing with the many issues that emerge for a caregiver and their spouse subsequent to a stroke. This is a great manual for anyone - stroke or no stroke !!

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