

Real Stories: Living with Brain Changes After Stroke

A caregiver perspective on neurorehabilitation after two strokes (July and October 2024)

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Parallel Session 3 · Understanding the Mind After Stroke

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Disclosure Statement

CONFLICTS OF INTEREST

There are no conflicts of interest to declare.

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PRIVACY & CONSENT

Any personal details, photographs, and videos included in this presentation are used with consent.

Two strokes in 2024: Our story

Before strokes



Enjoying every moment of life

July 2024
First stroke



Outside the rehabilitation
centre after 1.5 months of
inpatient treatment

October 2024
Second stroke



Outside the rehabilitation
centre after 3.5 months of
inpatient treatment

Recovery after first stroke

Focus on

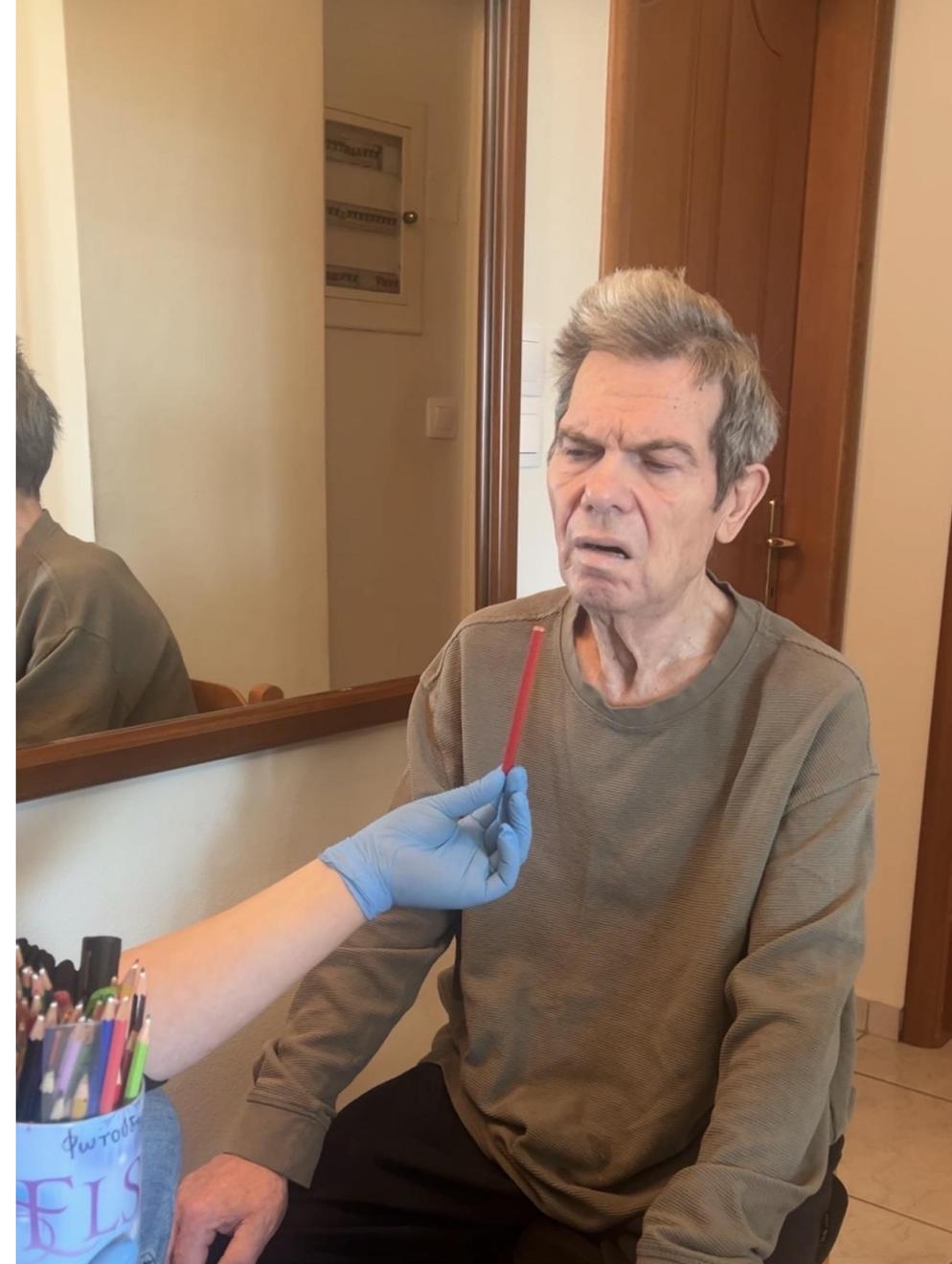
- Physiotherapy
- Occupational therapy
- Thalassotherapy
- Cognitive assessments
- Positive psychology



Recovery after second stroke

Focus on

- Speech therapy
- Cognitive therapy
- Motivational support
- Positive reinforcement
- Regular medical check-ups



Daily life after stroke

What changed at home (practical and emotional)

New routine



Role changes



The invisible changes

Thinking

Slower processing, planning

Emotions

Anxiety, frustration

Personality and behaviour

Withdrawal, irritability

Communication

Alternative ways of communication,
misunderstandings

Better experience for the survivor and carer

What helped

- Observation and regular adjustments
- Therapies remain essential
- A strong support system
- A trial-and-learn approach

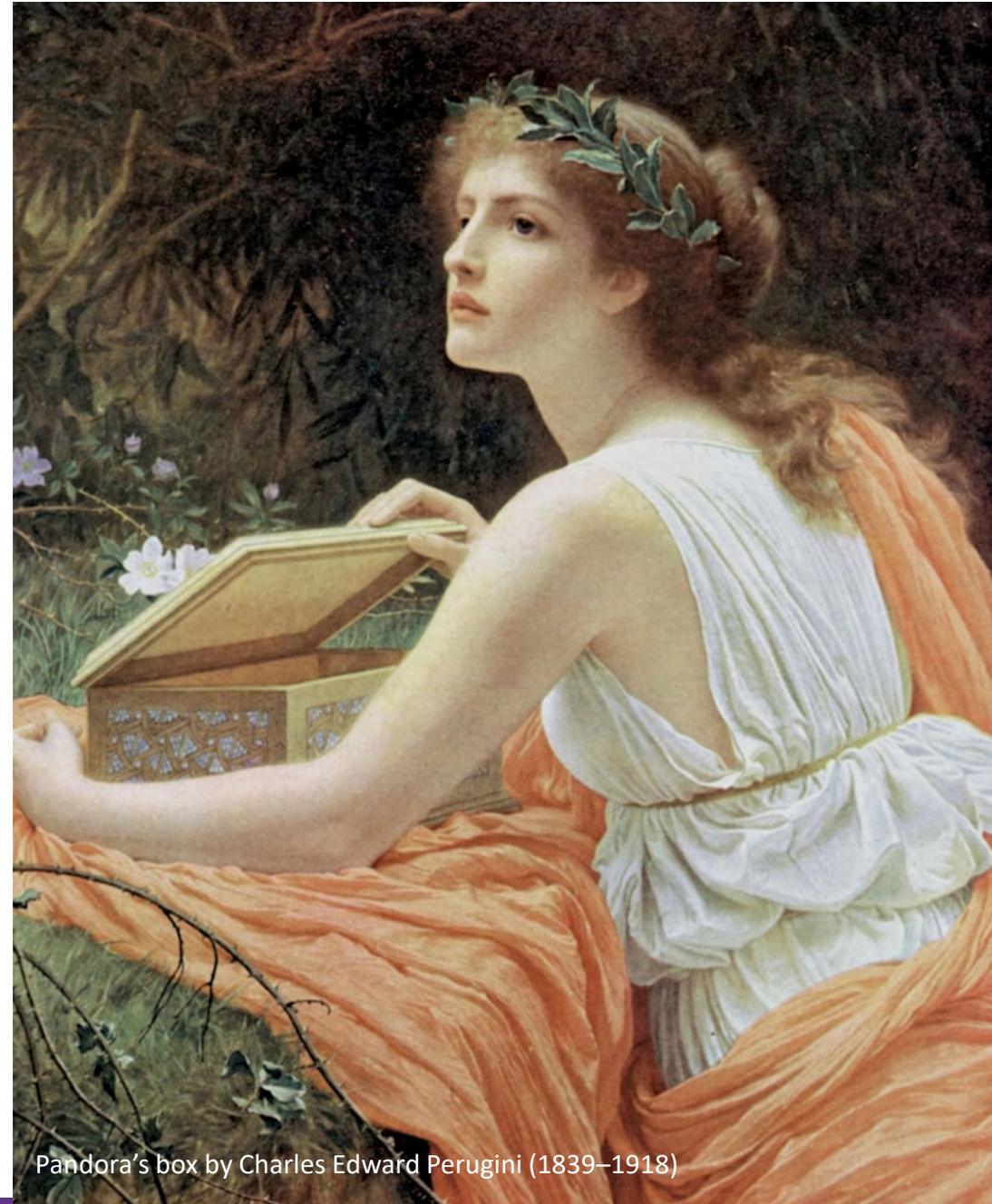
A key realization

Recovery is not only medical.
It is emotional, cognitive, and human.



Pandora's box metaphor

Many hidden changes appear all at once,
but **hope** remains.



Pandora's box by Charles Edward Perugini (1839–1918)

Motivation comes from action...



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Q&A

Three questions I'm happy to discuss:

- What were the main challenges after the strokes?
- What small changes at home made the biggest difference to thinking and mood?
- How can we improve continuity after discharge, including navigation, follow-up, and support?

Thank you