

My Life being Positive and Funny

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How are you ?

- Do people ask **how are you?** really slowly?
- “**Hooooooooow aaaaaaaare youuuuuuuuu???**”
- It’s irritating!
- I say: “**No, how are you?** You sound like you had a stroke!”



My Life being positive and funny

- I had a **stroke 15 years ago**
 - And aphasia as well
- This is only a tiny part of my life
- I have many **positive stories**
- I don't bother with negative things
- I'm going to finish with a **knock knock joke**
 - So you'll have to wait



“Aphasia” can be hard to say

- Why don't we just call it “**A**” ?
- But sometimes I stutter a bit...

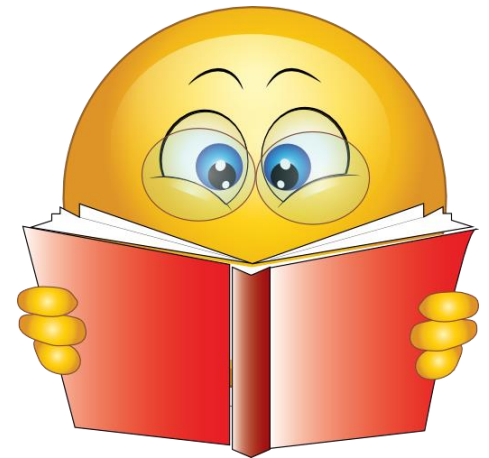
Family and Friends

- Family – Mum and Dad and 2 sisters
 - **We are closer now**
 - Dad made me talk and write properly
 - This helped a lot
- **Friends**
 - Lots of old friends and **lots of new ones**
- My family visit on Sundays
 - They are really helpful
 - Help with groceries



Positive – Reading books

- Before stroke I enjoyed reading.
- Recovery process
 1. Stroke.....
 2. No reading
 3. Talking books
 4. Books I had previously read
 5. Comics
 6. New books
 7. Library



Visual Blind Spot

- I have a **blind spot** on my right side
 - I was walking one day...and **something hit me.**
 - I looked, and it was...

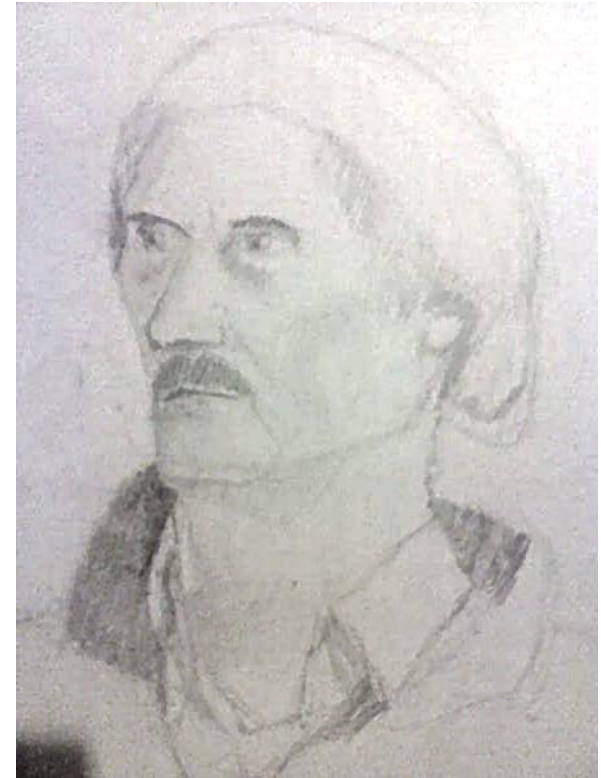


A House !!!



Positive - Activities

- Celebration Choir
- Gavel Club
- **Art** (my picture) →
- Sudoku
- Library
- Gym – 4 or 5 times a week
- **Chess**
 - Chess partner had a stroke
 - We talk about cricket



Positives - Activities

- **Swimming**

- Funny story

- At the swimming pool

- I was very positive

- My **swimming was going great**

- 2 new lifeguards

Positive Changes

- I can't play cricket for my club any more
 - Because of my stroke
- I have found **new positive activities**
 - Art
 - CeleBRation Choir
- Things I **never would have done** without the stroke



A Quick Joke...

- There must have been a lot of aphasia in World War One...

Positive - Volunteering

- I help train volunteers
 - At **volunteer stroke scheme**
 - Feels good to do this
- I like to **help people**
- Funny story...
 - 2 ladies crossing the road...
 - One fell down so I went to help
 - Afterwards she looked at me...



Positive – Where I live

- Henderson is **close to lots of things**
 - Bus and train
 - Art
 - Library
 - Swimming
 - Gym
 - Shops

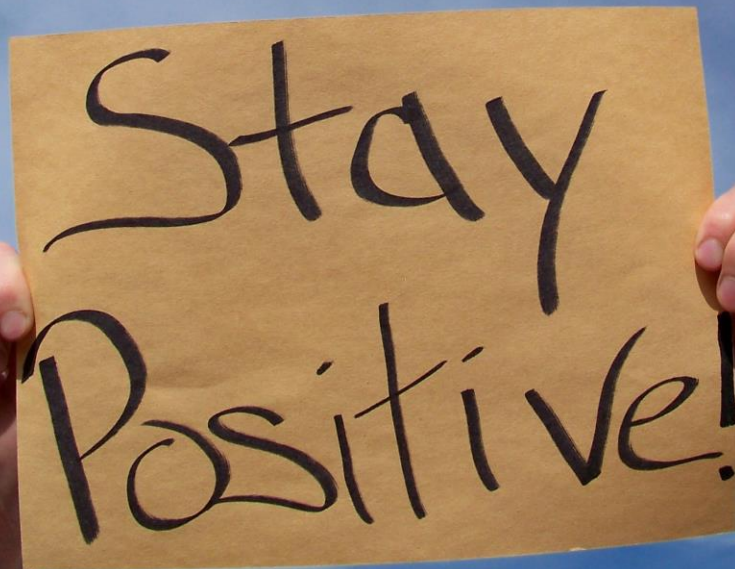


Knock Knock joke

- Knock Knock jokes are hard for some people
 1. Aphasia
 2. Alzheimer's disease
 3. Parkinson's disease



Thank you for listening

A person's hands are visible, holding a rectangular piece of brown cardboard. The cardboard has the words "Stay Positive!" written on it in a black, cursive, handwritten font. The background is a clear, bright blue sky with some light, wispy clouds. The overall image conveys a message of optimism and gratitude.

Stay
Positive!