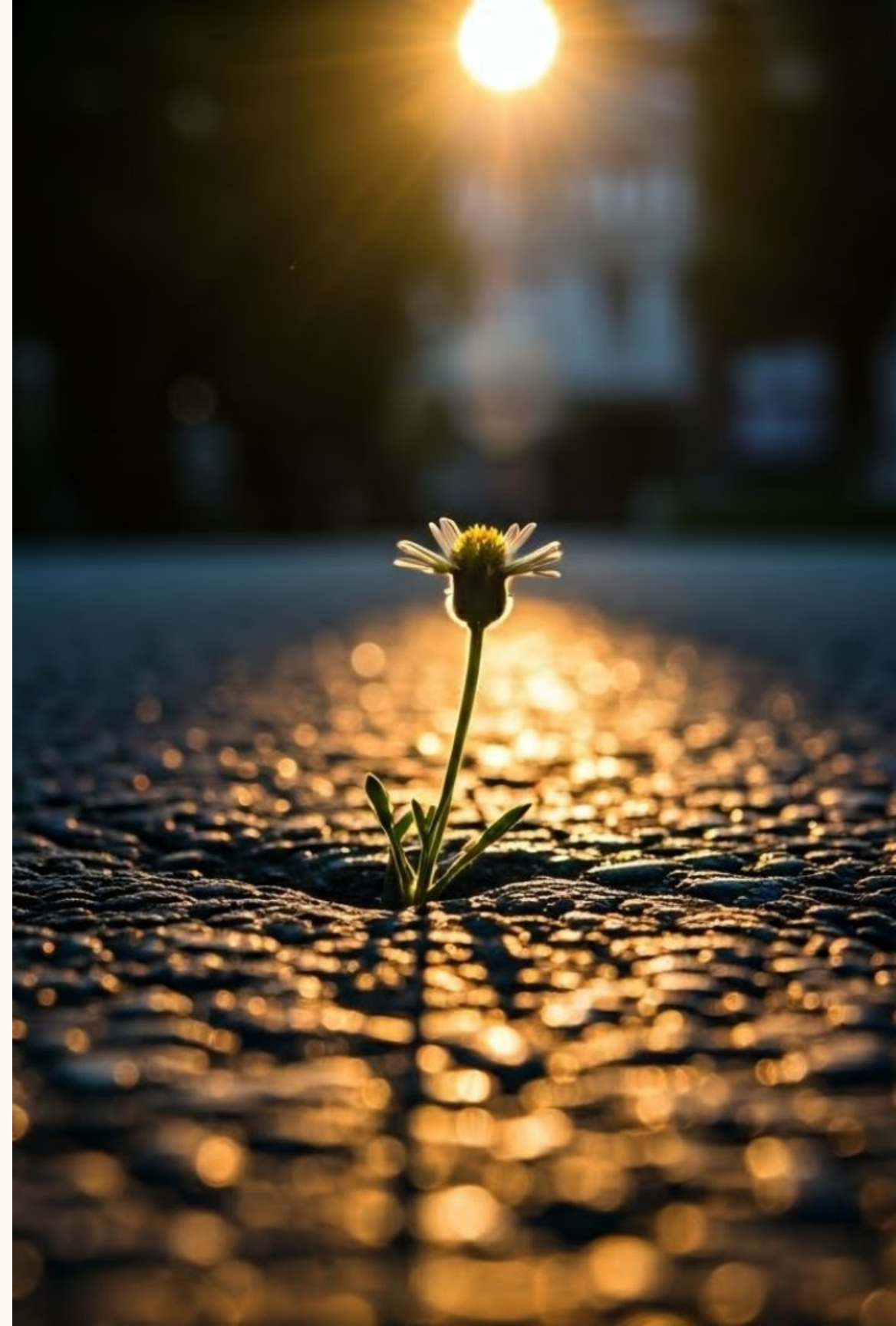


# A New Life

My journey after a hemorrhagic stroke

 **by John  
Facchinei**





# Finding a New Life

1

Hemorrhagic Stroke

Occurred 15 years ago,  
changing life  
dramatically.

2

Adaptation

Became easier after  
finding "New Life".

# Initial Challenges

1

## Disorientation

Questioning location and purpose.

2

## Uncertainty

Wondering about future actions.

3

## Self-reflection

Identifying personal priorities.

4

## Adaptation

Recognizing need for new life path.







# Joining Support

## Community

Found people with similar challenges.

## Understanding

Began to grasp "new me" concept.

## Guidance

Support group provided direction for new reality.



# Helping Others

1

## Peer Support

Encouraged depressed 26-year-old stroke survivor.

2

## Positive Impact

Received gratitude for encouragement.

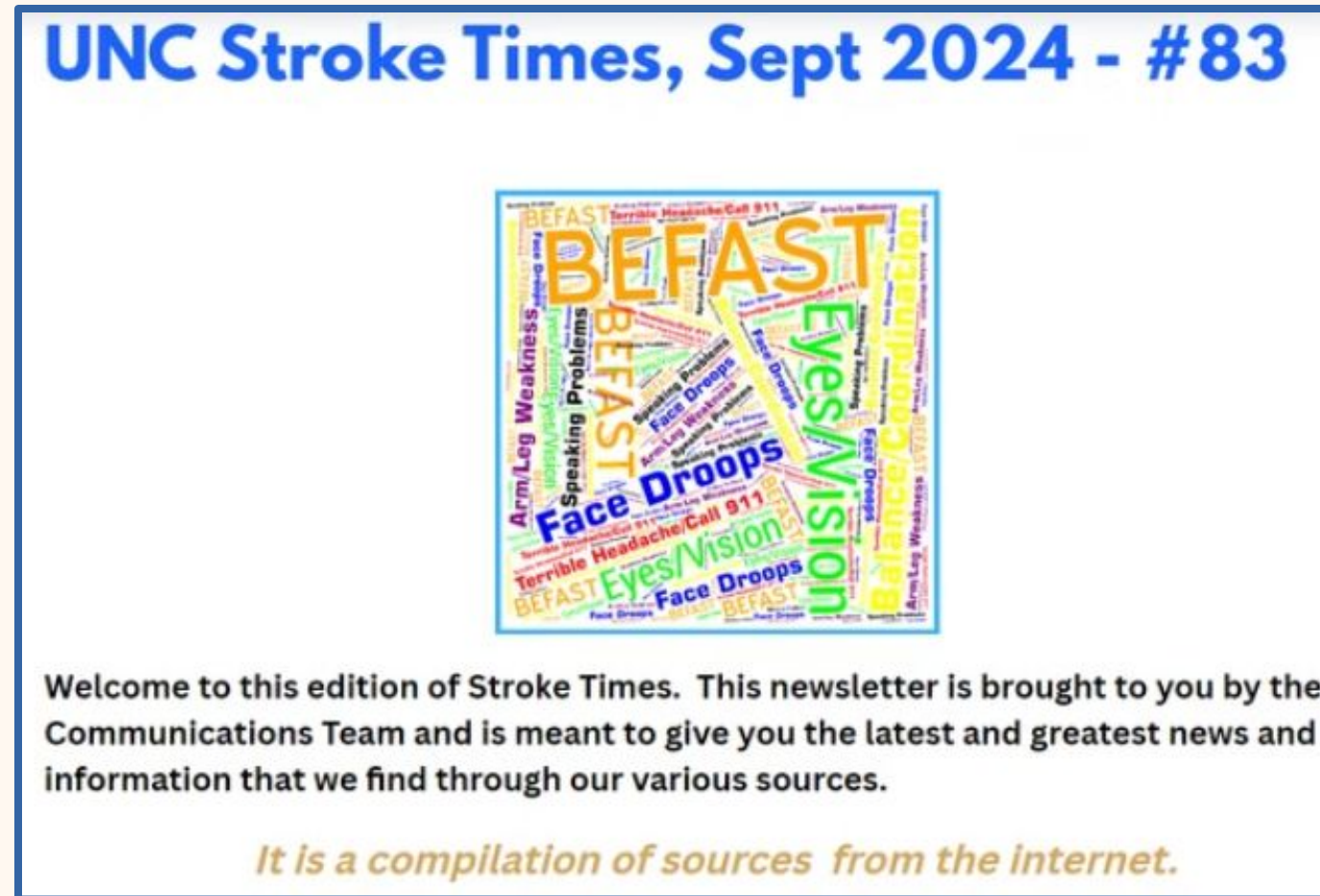
3

## Realization

Recognized power of peer-to-peer conversations.



# Creating Newsletter



## Purpose

Found new direction through a newsletter creation.

## Consistency

Maintained monthly publication for UNC Stroke Group.



# Building A Website



## Exercise

Provided information on physical activities.



## Diet

Shared nutritional guidance for stroke survivors.



## Stroke Education

Offered resources for understanding stroke.



## Life Hacks

Shared tips for daily living.





# Continuing Hobbies: Golf

1

## Adaptation

Pursued golf with one-handed techniques.

2

## Inspiration Golf

Program designed for stroke survivors and amputees.





# Adapting to Cooking



## Cutting Board

Special design for one-handed use.



## Electric Shakers

Salt and pepper dispensers for easy seasoning.



## Other Devices

Additional tools to assist in cooking.

# Adapting to Cooking- Made My Own

## Cutting Board

Special design for one-handed use.

## Every Cutting Board Has These Features

11" x 17" Commercial Quality

Anti-skid mat

Rails

Food holding band

Nails







# Furniture Refinishing

Activity	Method	Result
Acquire	Small, manageable pieces	One-handed handling
Paint	Adapted techniques	Renewed appearance
Sell	Finished products	Sense of accomplishment

**I found a way to make a “New Life”. Find the things that you like to do and do them and meet new people “like you” by joining a Support Group.**

**“Go make a New Life for yourself.”**