

***Identity Theft: Rediscovering Ourselves After Stroke***  
**By Debra E. Meyerson, PhD with Danny Zuckerman**

**Chapter 10: Partners and Intimacy**

1. Debra describes the tensions and friction that developed due to her wanting to be independent but struggling to do certain tasks. She was at times resentful of Steve helping and not helping her when she needed it. (p. 121)
  - a. Has this dynamic occurred in your relationship with your survivor post-stroke?
    - i. If so, how was it or could it be remedied?
  - b. Do you think it is important to allow the survivor to ask for or confirm a need for help before it is given?
    - i. Why or why not?
  
2. Debra describes how early on, her husband Steve received important advice: “he’d be no good as support for me, if he didn’t take care of himself.” (p. 127)
  - a. Do you agree it is important for carepartners to take time for themselves, even in the immediate aftermath of a stroke?
    - i. Why or why not?
  - b. Were you able to do this and if so, did you find it difficult to do?
  - c. In what ways do you take time for self-care now?
  - d. What are the obstacles to taking even more time for self-care?
  - e. Consider the example of Martina Varnado who occasionally hires someone to help with home responsibilities that she used to take care of. Why does she do this?
    - i. If what Martina did is not financially possible, are there people in your support network who could be asked periodically to help alleviate some of your caregiving load?
  - f. Do you feel appreciated for your work as a carepartner?



- i. Why or why not?
- e. When the balance feels “off”, have you found effective ways to restore it?
  - i. If so, how?