

## **Living with a stroke By Cherie Madden**

**What kind of things hold you back. What excuses did you use a lot that stopped you from doing things? How did you get passed these excuses to start getting back into life?**

- Financial concerns were a big part of my worry. How do pay my bills, cover my housing and care for the wellbeing of my child while caring for myself and all that that entail.
- I was fortunate through Ontario Disability Social Program (ODSP) to get help with my day to day finances and it afforded me the opportunity to support my son in a way that most parents are not able when raising a child with a disability.
- Hmm...another excuse?... all I can think of is fear. Fear of the unknown and first impressions. People thinking that I was retarded or stupid for not being able to articulate myself as I would like to.
- I am still trying to get over my fear of driving and having another stroke but with therapy I choose to change my perspective. Instead of seeing the class half empty, choose to see it half full. So I looked at the positives.