



# A Dented Image: Journeys of Recovery from Subarachnoid Haemorrhage

*Alison Wertheimer*

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Every year, 8,500 people in the UK will have a subarachnoid haemorrhage, of whom about 50 per cent will survive this traumatic brain injury which often occurs without warning. Survivors can make a 'good' neurological recovery but the psychosocial impact can be longer lasting.

Drawing from her own experience of surviving a subarachnoid haemorrhage, together with other people's journeys of recovery and recent research findings, Alison Wertheimer covers:

- themes of recovery
- leaving neurocare and early days of recovery
- looking for help
- physical, sensory and cognitive effects
- the emotional impact of subarachnoid haemorrhage
- the survivor's relationship with family and friends
- returning to work
- what helped the survivors with their recovery
- subarachnoid haemorrhage as a life-changing event.

*A Dented Image* will be of interest to a wide-ranging audience: survivors and their families and friends; health professionals working with people recovering from acute brain injury in hospital and community-based services including doctors, nurses, psychologists, physiotherapists, occupational therapists and other members of rehabilitation teams. It may also be of interest to people recovering from other traumatic illnesses or injuries.

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