

Monica Vest Wheeler

SPEAKER • AUTHOR • CONSULTANT

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A former weekly newspaper reporter and editor, Monica Vest Wheeler focuses on coping with and surviving the everyday and emotional challenges of brain-related injuries, illnesses and diseases.

In addition to co-authoring a book on coping with cancer, Monica has written about Alzheimer's in *Alzheimer's, Dementia & Memory Loss: Straight Talk for Families & Caregivers*, one of the books in her *Help Me Cope & Survive!* series. Her latest projects in the series focus on coping with the daily challenges of stroke, brain injuries and brain tumors-brain cancer.

She's spent thousands of hours working with and interviewing hundreds of patients, survivors, families and caregivers, and healthcare professionals. She's given dozens of presentations on ways to cope with the emotions of catastrophic injuries, illnesses and diseases; the need to communicate, ways to express emotions on paper and verbally, how to use family history to better understand oneself and family today, and much more.

Stroke and similar brain-related issues require straight talk & compassion ...

“THE NEW NORMAL”

There are physical challenges with stroke, but the emotional exercises can be as or more brutal for both survivor and caregiver. This presentation focuses on how emotions are often overlooked because the world usually only digests, comprehends and responds to what it can see, such as the loss of the use of a limb or confinement to a wheelchair, which are common stroke side effects. Stroke creates a whole new world for everyone. It's up to each individual on how that new world looks, feels and moves. Caregivers carry much responsibility in this constant whirlwind of emotions by maintaining a focus on love, compassion, empathy, patience, common sense, physical stamina, and heavy doses of tough love. You need them all and much more.

“THERE IS LIFE AFTER STROKE”

Many survivors and families are given little hope of substantial improvement after the stroke by the medical community. Ignore the predictions and focus on the potential. There IS life after stroke, and survivors and caregivers can find new purpose and direction. This presentation includes insights and inspiration on coping with everyday life, tips to tap into newly discovered talents, creating new and more authentic relationships, and learning how to say YES more often.

Or let's work together to create the best topic for YOUR audience!

“Monica has the incredible ability to clearly describe in a way that you feel you are there, yet she does so with compassion AND humor! No one communicates like Monica!” *Caregiver*