



Quiet in the Tornado: A Disability Primer

Carrie Dearborn

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"Carrie Dearborn's no-holds-barred approach to talking about disability wrestles us to the ground from her wheelchair. Surprising, disarming, painful, funny - you'll go through every emotion and reach new understanding as you let go of pre-conceived notions about how to deal with disability, whether you are temporarily abled or not." - Meizhu Lui, Co-Author, *The Color of Wealth* "Interspersed between the author's accounts of surviving a life-threatening stroke, readers will find useful practical advice for coping with adult onset disability and, more importantly, life outside of the hospital. This book offers sound, practical advice grounded in years of experience from a woman with a terrific sense of humor. The writing is deep enough to be engaging but written in sections brief enough to allow the reader to digest and reflect upon the important concepts presented. While the author claims to have written this book for people who are recovering from similar injuries to her own, their families, and loved ones, I believe it is equally beneficial for health care professionals. Carrie provides important recommendations about interacting with people who are emerging from comas that will help health care professionals understand what is and what is not helpful to their patients. In turn, learning how to provide more sensitive care will reward care providers with that wonderful feeling associated with knowing they have made valuable contributions to someone's health and healing." - Susan Hallenborg Ventura, Director of Clinical Education & Associate Clinical Professor at Northeastern University Topics covered include: Fresh Out of a Coma For Friends and Family Possibilities: Aim High, Start Slow Post-Coma Nightmares and Fresh Losses A Rainbow for the Blues: Why I Like Wheelchairs God's Windows Explained: Dealing with Feelings of Gloom and Doom OK, Feel Good Time: Heroes and Sheroes to Inspire Us Calling All Vegetables: Surpassing Low Expectations Life Threatening Disease Issues A Burden?: Getting Out of the Guilt and Burden Trap How to Almost Die: and Why You Should Stay Alive How to Have Fun in the Hospital! Miscellaneous Things Hospital Food: Avoidance Tips How it (Usually) Works: Who's Who in the Hospital Patient's Bill of Rights - My Version What to Anticipate: Small Joys Brain Damage: Journal of my first post-coma year Disability 101: Where to go for Housing, Work and Benefits A Little Street Action Before you go: From Bedsores to Bumpy Roads Survival Tactics You're out! Getting Around and other Post-Hospital Challenges State House Nursing Home: Taking Political Action or Making Trouble in My Adopted Home Town Wheelchair Flying: My Favorite Sport The Questions: Q&A with the Author Bibliography Resources

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