CASE STUDY – STROKE REHABILITATION

Jennifer is 74 years old and lives alone in her house in Sussex. Until recently, Jennifer was a spritely and independent lady, regularly attending her local bowls club and heavily involved in the WI. Four months ago, Jennifer suffered a major stroke. She was swiftly admitted to hospital and given emergency treatment and specialist care which may have saved her life. After six weeks in hospital, Jennifer was desperate to get back to her beloved home. Life had changed dramatically for Jennifer; she was unable to stand without assistance, and certainly could not walk. Her speech had been affected and she struggled to make herself understood.

However, Jennifer was determined to get her life back, and with the support of her daughter, she enlisted the services of The Good Care Group. Following an initial consultation, the Regional Care Manager conducted a comprehensive assessment and worked with the Occupational Therapists to ensure that Jennifer’s house had the adaptations and equipment she required. The Good Care Group provided a team of two handpicked specialist stroke recovery carers. Both have been trained by the Stroke Association and have experience of working with people who have survived strokes.

Jennifer’s care team liaised with the speech and language therapist in order to put together a menu plan which was delicious, nutritious and easy for Jennifer to swallow. They work with the physiotherapist and each day support Jennifer with her exercise programme, which is helping her to rebuild her strength, one step at a time. Because they live with Jennifer, and have been with her since day one, the professional carers know her really well, and are able to understand her speech and help her to find the right words and get her messages across.

Six weeks after coming home from hospital, and Jennifer is able walk, slowly, but independently again. She is now speaking more clearly, and feeling more confident in herself. With Jennifer’s consent, the carers invited a few friends from the WI round for a simple supper, and are planning a trip to the Bowls Club. Jennifer has made fantastic progress in her recovery, enabled by the commitment and expertise of her professional care team.