

Josie's story – an update - February 2024

Name of service: Community Rehabilitation Services

Main purpose of service: A multidisciplinary team which provides treatment, rehabilitation, advice and support to people living in Kirklees. The purpose of the team is to help people achieve goals in relation to daily living and quality of life. The service includes physiotherapy, occupational therapy, speech and language therapy and dietetics.



Meeting Josie again: Josie and her husband Graham first met Joanne from the Engagement Team in November 2022. They talked about their experience following Josie's stroke, which had happened during a trip to France. They explained how Locala's Community Stroke Team had supported them after Josie was discharged from hospital. At the time, Graham said, **"Being home again felt better for Josie than anything!"** The couple explained how, when she first returned home, Josie couldn't walk at all. By the time they shared Josie's patient story several months later, Josie could walk a few steps with some help and the support of a 'quad' stick. Josie and her daughter Amanda spoke with Joanne last week – here's what they had to say about Josie's recovery over the last 15 months.

Progress: Locala's Community Rehabilitation Services continued where the Stroke Team left off. Josie had further physiotherapy, occupational therapy and speech and language therapy to help her progress with mobility, communication and manage with everyday tasks. The couple's daughter Amanda helps Josie explain that she is now much more independent. Josie is able to walk on her own with her quad stick around the house. She is able to get up, get washed and dressed and come downstairs on the stair lift. Graham helps sort out her breakfast cereal and then Josie is able to have breakfast and then do the washing up. She then goes back upstairs to finish getting ready for the day. Josie has now been discharged from the Rehabilitation Team. She says that the team is, **"Amazing, fantastic – all of them!"** When asked what it feels like to walk again, Josie replies with an enthusiastic, **"Alright!"**

Family: Josie and Graham's family are supportive and live close by. Amanda says that their joint approach has been to encourage Josie to challenge herself and that this has been a crucial part of her Mum's recovery. **"Mum got to a certain point with physio and speech and language therapy – they were marvellous – but you have to do things on your own too. You can't give up. You have to persevere."** She adds, **"The brain is so capable of re setting."** Amanda helps Josie describe the gym she goes to in Mirfield and recommends other people like her Mum give it a go. **"Mum goes to Lagacy Gym. There are resistant machines, like toning tables."** Graham goes with Josie to help her with the machines. They feel the exercises have helped her become more flexible and that her right arm is moving a little more, so much so, they have asked to see the therapists again for more advice. Amanda says, **"We've always pushed her to her next level."** This includes going back to France to **"make new memories."** Josie is looking forward to holidays in France and Spain this Summer.