

Geraldine's Story December 2024

Service name: Pulmonary Rehabilitation

Main purpose of service: Locala's Pulmonary Rehabilitation team works with patients who have reduced their daily activity because of difficulty breathing. Pulmonary rehabilitation helps people re-gain confidence and a level of fitness they need, to do the everyday activities that matter to them.

Geraldine was referred for Pulmonary Rehabilitation in 2023 but couldn't join the classes straight away as she was awaiting a hip operation. She has recently completed the 12 week course and attended twice a week. Geraldine is now planning to attend the Pulmonary Rehabilitation Maintenance Class, however she experienced a stroke 2 weeks ago. **"I will go back when I can."**

I was very anxious.
But the team were
absolutely amazing.
They explained
everything.

The hut wasn't available one
day, so we did the class
online. May not have been
ideal for the older
generation but it worked well
for me.

I felt
uplifted. I
can breath
better.

They encouraged you
to slow down, rest,
take your time. They
said, it's not a race!

As time went on my times
increased. You meet your target.
From me starting the course, to do
an exercise for 1 minute was a
massive achievement.

On a Wednesday we had talks.
How to manage everyday tasks like
making the bed. Make it slowly!
Teaching us, knowing what we
were capable of.
Exercises and education were both
important.

Going up my steps to my house.
They said, take your time. 2 steps
then rest. I had been rushing to get
to the top.

They treat people like a person not
just the next batch. It's not just
exercises – they look at the person
as an individual. I can't fault the
team.

Music made it cheerful. Good
atmosphere – brilliant. It really did
make me feel a lot better.