

Mary's story December 2024

Name of service: The Community Stroke Team.

Main purpose of service: Working together with clients and their families, the team enable people to reach their rehabilitation goals, so that they can live as independently as possible following a stroke. As well as providing skilled assessment, treatment and advice to clients, the team offer education and guidance to carers and other health care workers.



Introducing Mary: Mary had a stroke in June. She felt dizzy and **“then next thing I knew, I was in hospital.”** She spent 6 weeks in hospital and then was discharged back home, where she lives with her husband. **“The hospital said – we think you are ready.”**

The weirdest thing was going home in the ambulance but not feeling it was the right way. It was such a relief to be home. I got home and saw Tony and burst into tears!”

Locala's Stroke Team started to visit her the day she got home. **“Caroline, my physio came that first afternoon.”** When she first got home, Mary says, **“One arm and one leg wouldn't behave itself. It was awful.”** More than 3 months later, Mary has improved. **“I'm in charge now!”** And although Mary says her arm **“still has a will of its own”**, she can go up and down stairs now and is planning birthday celebrations abroad in February. Mary and Tony celebrated their 60th wedding anniversary in September. Mary says planning this following her stroke was **“my first independent achievement.”**

Mary has been discharged from the Community Stroke team and is awaiting further rehabilitation with Locala's Community Rehabilitation Service.

Mary's feedback:

I didn't think I'd walk again – Caroline told me it wasn't as bad as I thought.

I love to talk! They were lovely chatty girls.

The exercises are challenging but I'm going to beat it!

One of my ambitions was to go upstairs, so the girls said, yes! Let's do that! It was harder than I thought.

My leg sometimes defies me! I was apprehensive...that I would fall. They reassured me and encouraged me. They didn't treat me like a child.

They were very good.
They were amazing – brilliant!