



When I was referred to the Community Stroke Rehab Team after five months in hospital, I wasn't sure what to expect. However, they were encouraging, motivational and professional and thanks to their input, I can now walk with a stick to my local pub to see my friends.

REHABILITATION  
MATTERS



# Brian's story

Following a massive bleed on the brain which required emergency surgery, Brian spent four weeks in intensive care at the Royal Sussex County Hospital in Brighton, where he was put in a coma on life support. Whilst there he contracted pneumonia, meningitis and hydrocephalus and was so ill that three times his family were told that he would not make it through the night. But he did.

To be nearer to his home, Brian was transferred to Conquest Hospital in Hastings. It was here that he first opened his eyes and started to react to his family. Brian began to breathe for himself but was still bed bound. He was transferred to the Royal Hospital for Neuro-disability in Putney and whilst there, received daily therapy. After three and a half months, Brian could stand with the assistance of two people and a special machine. However, having been in hospital for five months, he just wanted to go home and was referred to the Community Stroke Rehab Team in Hastings.

Brian and his wife were unsure what to expect from the team. They thought he might be seen once a week, but the input was much better than they had expected. The therapists and support workers would attend in twos and work with Brian to try to get him walking again. They also took him for sessions in the hydrotherapy pool at Eastbourne DGH. To begin with Brian was hoisted in and out of the water but after just six weeks, he was walking in and out of the pool with just somebody by his side for reassurance.

After a further six weeks of hydrotherapy closer to home and more input from the team, Brian can now walk on his own with just a quad stick and can go up and down stairs on his own. He can also go outside with a stick and walks the quarter of a mile up and down steep hills to his local pub, where he enjoys meeting up with his friends.

## REHABILITATION MATTERS