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When I first arrived I was in despair that I would end my days here, but within hours, I realised why the Irvine Rehabilitation Unit has such a good name.

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REHABILITATION  
MATTERS

# Jackie's story

Jackie is a mother and grandmother who loves writing, sewing, painting and spending time with her family and friends. Following her retirement, she kept herself busy, regularly visiting friends and the local shops and cafes. Jackie lives on her own and was completely independent before she had a stroke.

When Jackie arrived at the Irvine Rehabilitation Unit, she needed a hoist and the assistance of two people to get her out of bed. Her posture had been greatly affected and she was unable to sit up on her own, requiring specialist seating. Jackie's spatial awareness and orientation had been affected and she struggled to know when she was sitting upright or when she was falling over. Her left arm and leg were very weak and Jackie found it challenging to use her limbs in a meaningful and functional way.

The first big goal Jackie achieved was being able to sit upright by herself and write a letter, something she enjoys and would do quite regularly. This improved her sitting balance and soon led to her being able to move from sitting to standing with minimal help. With practice and within the rehabilitation gym, Jackie took her first steps within the parallel bars.

Jackie improved each day and through her rehabilitation programme and with the encouragement of the team, she kept going from strength to strength. Jackie is now able to walk with the aid of a walking frame and no longer needs a supportive chair to help maintain her balance when sitting. Although she needs some help with personal and domestic tasks, Jackie was very happy to be able to return to her own home.

Jackie said: "The teams work so hard but are always so cheerful. They are planting a seed all the time, saying "you can do it, if you make the effort, you can." Without the amazing staff here, I would still be in bed."

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