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I'm forever grateful to everyone involved in my rehabilitation following a severe stroke, they have all been amazing.

The physiotherapy has been incredible and I can now walk independently. My swallowing was monitored by the Speech Therapy team and has fully recovered. I'm also attending hydrotherapy at Eastbourne DGH which is wonderful.

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**REHABILITATION
MATTERS**

Janet's story

Janet suffered a severe stroke in April 2018 and was admitted to East Dean ward at Eastbourne DGH. Two weeks later, Janet was transferred to the Irvine Rehabilitation Unit in Bexhill and was then referred to the Community Stroke Rehab Team.

When Janet was first seen by the team, she was unable to walk independently and unfortunately, couldn't access her home in a wheelchair. She was also unable to use her left hand and was fed via a naso-gastric tube as she was unable to swallow.

Therapists and Rehab Support Workers from the team supported Janet by practicing exercises with her in the gym and at home. They arranged for Janet to have an ankle support and wrist splint to help improve stability and also referred her to The Chaseley Trust, where she was able to use a functional electrical stimulator. This sends electrical charges to paralysed muscles, stimulating movement.

Janet also attended the new hydrotherapy group run by therapists from the Community Stroke Rehab Team. At first she was scared as she felt she would slip under the water, but Janet became so confident that she was able to reassure other stroke survivors who were attending for the first time and were nervous.

Janet can now walk around her bungalow independently with one stick and can do simple tasks, such as making hot drinks and sandwiches. Her naso-gastric tube has been removed and she is able to eat a normal diet. Janet is also able to dress herself and can put her own socks on using a sock helper and adapted shoes with Velcro fasteners.

Janet has also attended a stroke group run by the Stroke Association and has enjoyed spending time with other stroke survivors.

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