



It's lovely to be able to get back to what I love doing, it's made such a difference.

The rehabilitation has helped me in all aspects of my whole life, I've been really impressed.



**REHABILITATION
MATTERS**

Deborah's story

Deborah was admitted to Eastbourne DGH in October following a posterior circulation transient ischaemic attack (TIA). While on the ward, it was identified that Deborah would benefit from rehabilitation at home and she was referred to the Community Stroke Rehabilitation Team (CSRT).

An initial assessment by the team showed that Deborah was obese, had high blood pressure, pre-diabetes and high blood lipids, which are all risk factors for having a stroke. Deborah was referred to the Community Stroke Dietitian for secondary prevention advice. They explained that making dietary changes and losing weight would improve her blood pressure, pre-diabetes and blood lipids, as well as reduce the risk of another stroke.

Deborah had an unhealthy diet; she ate meals irregularly, snacked on foods high in fat and sugar and lacked adequate fruit and vegetables. She had also recently lost her husband and was low in mood. Deborah knew she needed to make changes but was not motivated to do so. By using motivational interviewing and assessing readiness to change, the dietitian negotiated a plan with Deborah to support healthier lifestyle choices.

A few months later and Deborah is progressing well. She feels a lot more motivated and has made positive changes, she has lost almost a stone and her blood pressure is improving. Deborah feels she is doing really well and is happy to have returned to normal activities.

Deborah feels that having input from the Community Stroke Rehabilitation Team and the dietitian was very beneficial and really helped improve her motivation, which in turn helped her make these changes. Working with the occupational therapists also helped Deborah to increase her exercise and improve her mood. She is now going on several walks and outings a day, whereas initially she was not leaving the house at all.

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