MY STROKE JOURNEY

Stroke 8 February 2003
BACKGROUND

- Senior Officer NSW Public Service
  - Director, CEO's Office Workcover
  - Previously Principle Policy Officer, NSW Premiers Department

- Corporate Planning Conference Week prior to the stroke
- Saturday Lethargic
- In bed
  - Headache
  - Muscle spasms
    - Care Flight to RNS
    - 18 days ICU
    - 4 weeks Neurologic High Dependency Ward (now would be a stroke Unit)
    - Home 120km from hospital
    - Young family
    - Family stayed with my brother in Sydney
REHABILITATION

- Started RNS
- 3 weeks - Rankin Park – Closer to Home
- Outpatient Toronto Polyclinic, May to August 2003
- Readmitted twice after discharge
- Referred to Masterstroke with Community Stroke Team, Hunter New England Health
- Upper Limb Program
- Hospital Art-NSSS
- Art Workshop
- Digital smartphone photography / Instagram
- After City to Surf 2012 started to see physiotherapist
- Consultation every 6 weeks
STROKE SUPPORT GROUP

- WAGS
- Scallywags
RETURN TO WORK

- Returned to driving late 2004
- Neuro Physc Assessment before return to work – cognitive loss identified
- CRS managed my return to work
- ½ day a week initially
- Progressed to 4 days a week
- Fatigue was a major issue
- Depression
- Retired February 2005
MY LIFE IN RETIREMENT

- Consultation with GP every four weeks
  - Establish relationship with GP
  - Blood pressure management
MY LIFE IN RETIREMENT

- Medical Retirement-February 2005
- President, Stroke Recovery Association
- Director, Public Officer and Secretary, Health Consumers NSW
- Secretary, Morisset Bowling Club
- City to Surf
  - 6 hours 51 minutes
  - Second year – 2 hours 8 minutes faster
MY NORMAL WEEK

- **Monday**
  - Bowls in the morning
  - Until 2015 Italian class in the afternoon

- **Tuesday**
  - Sailability

- **Wednesday**
  - Heartmoves
  - Until 2015 watercolour painting in the afternoon

- **Thursday**
  - Yoga
  - Model yacht racing or bowls in the afternoon

- **Friday**
  - Bowls in the morning
  - Scallywags every second week in the afternoon
  - Twilight sailing Friday night

- **Once a month**
  - Stroke recovery Association Board Meeting
  - Health Consumers NSW Board Meeting
RETURN TO SAILING

- Sailing with friends on 33 ft yacht on Lake Macquarie
RETURN TO SAILING

Sailability
RETURN TO SAILING

- Road to Rio – Paralympic Yacht
BRAINWAVES CHOIR
- Choir of Stroke survivors and carers
- Performed on SBS Insight
- Loving You – Elvis Presley
- You are my Sunshine
Performed at Parliament House – Opening of Stroke Awareness Week 2014
What a wonderful world
Sing
1. I am Australian
2. Raindrops keep falling on my head
3. Amazing Grace
4. Every Day
5. Sailing
6. All my loving
7. Yellow Submarine
8. Can't help falling in love with you
9. Annie's song
10. Sing
11. Edelweiss
12. Moon river
13. Leaving on a jet plane
14. You are my sunshine
15. American Pie
16. Hey Jude
17. Dream
18. Blowing in the winds
19. Sunshine on my shoulders
20. With a little help from my friends
21. What a wonderful world
22. I can see clearly now
23. You got it
24. I still call Australia home
25. You'll never walk alone
26. When I fall in love
27. When the Saints go marching in
28. We are the champions
29. Try a little kindness
30. Rock my Soul
31. Bridge Over Troubled Water
32. Oh What a Beautiful Morning
33. Oklahoma
34. San Francisco
35. You’ve Got a Friend
MY GOALS

- Improve gait (walk properly)
- Improve balance (balance on left leg for 30 seconds)