Perspectives from A Carer
“Caring for someone with significant physical deficits”
Introducing Jill
Wife & Carer
of
Bill McNamara
“In the blink of an eye, a life is changed when a person has a stroke”
Bill’s Stroke Journey
Ongoing Issues

- Balance Issues
- Swallowing Difficulties
- Breathing Difficulties
- Ataxia
- Dysarthria
- Double Vision
How Did We Do It?

Personal: Sheer determination + our bloody-mindedness!

Medical Factors:

- A dedicated Stroke Care Unit
- 3 phases of Stroke Care:
  - Acute Rehabilitation
  - Community Rehabilitation
How Did I Cope?

* Daily planning
* Forward Thinking – to minimize any issues that could be a problem for Bill
* Live by lists
The biggest fear that Carers have: becoming ill
What is available for Carers, especially those who are ageing?
Getting on with Our Lives

Bike Riding
Playing Bridge
Travelling
WAGS Events
Please remember each patient is someone’s loved one
Returning to and continuing life at home