

Neuro Rehab Results

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ARM CLINIC

**Arm clinic is running regularly on Mondays from
1pm – 3pm.**

**If you are interested in attending arm clinic, please
contact Sue in the clinic to make a booking.**

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Clinic News

Anne Cooney our Speech Language Therapist retired from clinical practice at the end of last year. We are delighted to welcome Felicity Bright to our practice as our Speech Language Therapist. Read more about Felicity in our Therapist Spotlight.

We have just finished the first course of our Move! Class, which is an exercise circuit class designed specifically for people with Parkinson's Disease. Read more about this class on page 2.

On 3 April we are having EFTPOS facilities installed in the clinic which will allow us to accept EFTPOS card payments at the end of your session. We can accept bank cards but not credit cards.

Mondo Tasting Lounge

Have a fabulous evening of food and wine and entertainment and support a great cause, all for \$99! Mobility Dogs is the charity that benefits from the proceeds. Suzie and Sandy and a few others went to the last Mondo Tasting Lounge, destination Tahiti to experience some delicious Pacific food and matching wines. There are three more tasting lounges; the next destination is Thailand. Check out the details out at:

<http://www.mondotravel.co.nz/tastinglounge>



Suzie & Mondo, the latest Mobility Dogs puppy in training

MOVE! Class



A lot of people with Parkinson's disease have difficulties with walking and balance, which can lead to falls. A specifically targeted exercise programme can improve both walking and balance and so reduce the risk of falls.

When it starts getting difficult to move, people often stop moving, which only compounds the problem as inactivity leads to a number of complications like osteoporosis or heart problems. The good news is that it is possible to break this cycle, improve the ability to move and decrease the risk for complications.



How it works

For the last six weeks we have run the Move! class on Wednesday mornings which has been specifically designed for people with Parkinson's disease. The class has been set up as a circuit so participants spend two minutes at each of the stations around the gym doing exercises to improve walking, balance or fitness. Suzie and Pip are there to help people with equipment and to clarify the instructions. They also are quite good at noticing when someone needs to work harder!



Sally and Catherine, two of the Parkinson's field workers have made regular visits to the class to see the progress and fun everyone is having. Feedback from the participants has been positive and we are planning the next class. Watch our website for specific details: <http://neurorehab.co.nz/therapy/move-class/>



Therapist Spotlight.....

Felicity Bright Speech Language Therapist



Tell us how you got started in Speech Language Therapy.

I graduated from the University of Canterbury in 2001. I decided to study speech-language therapy as I was very interested in helping people communicate.

Where have you worked and what have you done in your career as a Speech Language Therapist?

I have worked in the Auckland region since graduating, in various roles at Middlemore Hospital, Auckland Hospital and Rehab Plus. For the last three years, I have been working as a researcher at AUT University, working with people with traumatic brain injury. I have also recently completed my Masters of Health Science, which looked at how people with aphasia (a language disorder) experience hope. I now work as a speech-language therapist at Neuro Rehab Results and AUT University.

I also teach students at AUT University and have just started my PhD, which looks at how we can help rehabilitation providers better involve people with communication disorders in rehabilitation. I'm also a mum to two wee boys.

What sorts of things does a Speech Language Therapist do?

We work with people with a range of communication and swallowing difficulties. We work in education, health and private practice.

At Neuro Rehab Results, I work with people with difficulties arising from neurological damage, for example, stroke, traumatic brain injury, cerebral palsy or Parkinson's Disease. I work with them and their families to identify what difficulties they are having and what they would like to be able to do. I then develop a treatment plan to help them do things that are important to them.

Who might benefit from seeing a Speech Language Therapist?

Anyone who is experiencing difficulty with communication or swallowing. This can include things like: difficulty finding words and/or saying them correctly, difficulty understanding or processing what people say to them, reading and/or writing difficulties, social communication difficulties, discomfort when swallowing or coughing when eating or drinking.

Reels on Wheels



Reels on Wheels is run by volunteers who enjoy boating and fishing, and want people in wheel chairs to experience the freedom of fishing.

The fishing trips are free for chair anglers and a buddy, (caregiver) funded through sponsorship and donations from various community trusts, businesses and individuals. Of course donations are welcome!



Reels on Wheels fishing trips are on New Zealand surveyed charter vessels with qualified skippers, working under Maritime New Zealand rules for charter vessels.

Graeme Sinclair from Gone Fishin is their patron and is very supportive of the charity.



Recently one of our clients, Jim Davies (pictured above) went out on one of the fishing trips and said it was an amazing experience and commented how friendly and helpful the team from Reels on Wheels were. He also caught some really big fish, which he'll be happy to tell you about if you ask! Jim has now booked for another trip later this year.

Check out the website, www.reelsonwheels.co.nz, for more information on the fishing trips.