

## 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.***

## What's been happening?

We have had two new Occupational Therapists, Sandy Rutherford and Katrina Wallis join the clinic in the last month, they are job sharing Kirsty's case load. You can find some more information about Sandy and Katrina on Pages 2 and 3 of this newsletter.

Arm clinic, has been running regularly on Mondays for the last two months. It provides a great opportunity for intensive arm practice using meaningful activities and exercises. Each person has a personalised programme, and exercises and activities are similar to a therapy session, but the group session lasts twice as long, with participants only paying the price of one hour. There is a mixture of independent work, supervised work and group work over a two hour session.

As well as providing you with targeted arm practice, Arm Clinic is a great place to meet other people and have a lot of fun.

## Getphysical Programme



The Cerebral Palsy Society has introduced a new initiative called the getPhysical Programme. Members of the CP Society can apply for vouchers that can be used to pay for physical activities such as physio sessions, yoga classes or a gym membership. Neuro Rehab Results has been approved as a supplier that can accept these vouchers to pay for physio sessions. For more information check out the society's website <http://www.cpsoc.org.nz/>

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## Therapist Spotlight....

### Katrina Wallis, Occupational Therapist

#### ***Tell us how you got started in Occupational Therapy...***

Occupational Therapy has always been something I was interested in, however it wasn't until I was in my 30's that I decided to pursue it as a career. A friend's daughter was receiving Occupational Therapy following an operation to have a brain tumour removed. I was inspired by the progress she made through working with the OT to overcome obstacles she faced in everyday life and what this meant regarding her participation with her peers. At the time I was in my first year studying Psychology and made the right choice to change degrees, I have never looked back.

#### ***Where have you worked and what have you done in your career as a Occupational Therapist***

Occupational Therapy has opened up doors to meet some amazing people and work in a variety of areas. This includes time spent time with older adults in private hospitals and dementia units, as well as working with people whose occupations and life roles have altered due to chronic pain conditions. I have also worked in acute hospital settings with people who face challenges due to different medical, neurological and orthopaedic conditions. Over recent years I have worked in a community mental health teams, which involved working along side people with a variety of mental health issues which prevent them from participating in life to their full potential. I'm also privileged to be currently involved as a clinical researcher for AUT in a study that delivers' different goal setting interventions for people who have had a traumatic brain injury. As a side line I am part of the training team at Waitemata DHB which delivers training to staff in Sensory Modulation, which is a special interest of mine.



#### ***What sorts of things does an Occupational Therapist do?***

Everything that you "do" we call them "occupations", they express who you are, how you feel about yourself and how you connect with others. Sometimes due to illness or disability you can feel overwhelmed by everyday task such as getting dressed, shopping, managing a household or work role, catching a bus, or spending time with family, friends doing things that you enjoy. We can help you identify occupations that are difficult but important to you and to enable you to set your own goals for what you want to achieve. Ways we do this are by assisting you to learn new ways of doing things, or adapting how you do things, also by acknowledging and developing your abilities and develop new skills. It is about assisting you to feel better about yourself and what you do.

#### **NEW IDEAS!**

We're so happy with the way that arm clinic is running that we are thinking of running a similar class to improve walking and balance. The class will run for one hour and be in a group format in a way that each person will be able to work at their own level. We propose that there will be a mixture of strengthening exercises as well as practice of walking and balance tasks. If this sounds like something you might be interested in, please talk to Suzie or your therapist. We're keen to have your input so that the class can best meet people's needs.

## Therapist Spotlight.....

### Sandy Rutherford, Occupational Therapist



#### ***What got you started in OT?***

It was an accident really; I heard about it at careers day at school and thought it sounded interesting – a mix of art and science. I wanted to work in healthcare and was looking at different options. Then I discovered the course was in Wellington and as I had never been there that sealed it. Luckily I liked the course as much as I liked Wellington.

#### ***Where have you worked and what have you done in your career as an OT?***

My first job as an OT was in the US where I worked for 2 years as a travelling therapist moving every 3 months to a new place and a new job mostly rehab units and skilled nursing facilities. I then moved to the UK and worked as a locum for about 12 years in and around London. I worked in a wide variety of hospital and community settings mostly working with people with neurological conditions. While I was in the UK I completed my Masters in rehabilitation specialising in posture management for people with complex disabilities. I returned to New Zealand in 2007 and worked at North Shore hospital on the acute wards for 18 months before starting at AUT as a research officer/lecturer.

#### ***Who might benefit from seeing an OT?***

Anyone, of any age, might benefit from occupational therapy if they are unable to, or find it difficult to participate in a desired activity. If a person would like to improve the quality of their life or health, if they feel tired or stressed or that there is either too much time or not enough time in the day. If they want to work towards a goal but are unsure of how to achieve it.



#### **What is Be. Accessible?**

Be. Accessible is a social change campaign with a vision for a 100% accessible country for us all. Be. Accessible aims to inspire and inform New Zealanders of opportunities to provide better access to those people who may be temporarily or permanently disabled or in need of additional support (the Access Customer) in order to contribute fully to society.

Access customers are the largest untapped market in the world. They make up 20% of our population – yet for this group, accessing all our cities have to offer can be a challenge.

Access customers might be...

- Someone with a hearing or visual impairment;
- A person using a wheelchair;
- A person with a learning disability;
- A parent with a push chair; or
- An older person - it is worth noting that as we age, our access needs increase

For more information, [www.beaccessible.org.nz](http://www.beaccessible.org.nz)

## Getting to know a client....

### Garry Danswan



#### *Can you tell us little bit about yourself?*

I am a 68 year old male and suffered a severe stroke on the 3rd January 2011. I was completely paralysed down my left side. Prior to that I had been retired for two years. Prior to my retirement I had been a Real Estate Broker selling Motels and Hotels. I had my own Real Estate company and as a broker

I spent a considerable amount of time driving in support of my business. I live on a lifestyle block and have an interest in breeding miniature goats.

#### *How long have you been coming to Neuro Rehab Results?*

I was discharged from Waitakere hospital after 3 months but still with no real movement down my left side and certainly unable to walk. I attended Neuro Rehab soon after being discharged from hospital with a strong desire to regain the ability to walk and hopefully to drive again.

#### *Since starting at the clinic what improvements have you seen?*

I have been extremely pleased and appreciative of the progress made at the clinic- in a relatively short time. It was not long before I was functioning on the treadmill and soon after that commenced working on a gutter frame walker. More recently I have started walking on a quad walking stick and although still requiring assistance with this, I am pleased to note that I am rapidly gaining both strength and functionality with the walking stick. I am certain that progress with this will be very positive. As this improves, I look forward to the ability to once again to be able to drive my vehicle

#### *Anything else that you'd like to share?*

As noted earlier, I have been extremely pleased with my progress at Neuro Rehab and very grateful for the efforts of the staff with their enthusiasm and positive attitude.

### **DIARY DATE**

**The Neuro Rehab Results client Christmas Lunch will be on Tuesday 20 December at 12.00pm in the clinic. More details later, but keep the date free!!**