

# Neuro Rehab Results Newsletter

February 4, 2011

Vol. 2 Issue 1

## Neuro Rehab Results

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## What's been happening

Everyone seems to have come back from their holidays relaxed and refreshed and ready to begin a new year! Welcome back to those of you who have been attending the clinic for a while, and a very warm welcome to those who are attending for the first time.

At the end of 2010, Anne Recordon moved from Auckland to live in Queenstown. Anne is going to be working with us here in the clinic for one week per month, so you will continue to see her around here from time to time. You can continue to make an appointment to see her by phoning Sue on 09 480 6464.

We hope you find this edition of our newsletter interesting. As always, if you have any ideas or content for the newsletter, please contact Suzie in the clinic. We welcome your suggestions and input!

## Arm Clinic – 7.3.11 – 29.3.11

In 2010 we ran two arm clinics. These were a great success and we have decided to run another arm clinic from 7.3.11 – 29.3.11 on Mondays, Tuesdays and Fridays (see dates and times below).

Arm clinic provides you with 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 2 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.

We are pleased to be able to offer **Arm Clinic** on the following days

- Monday 7 March 1pm – 3pm
- Friday 11 March 10am – 12pm
- Monday 14 March 1pm – 3pm
- Tuesday 15 March 10am – 12pm
- Monday 21 March 1pm – 3pm
- Friday 25 March 10am – 12pm
- Monday 28 March 1pm – 3pm
- Tuesday 29 March 10am – 12pm

If you'd like to take part, please contact Sue Buswell (480 6464 or [sue@neurorehab.co.nz](mailto:sue@neurorehab.co.nz)) to book in. You can book in for as many or as few sessions as you would like. Bookings will close by Tuesday 1 March. If you have any queries about **Arm Clinic**, please discuss with your therapist.



Some of the staff at the NRR Christmas dinner

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## Getting to know a staff member... Viv Dykes – Dietitian

### ***Tell us how you got started in dietetics?***

I got started in dietetics because I enjoyed science at school and enjoyed working with food, and it seemed a logical progression to dietetics.

### ***Where have you worked and what have you done in your career as a dietitian?***

I began work in Wellington Hospital, moved to London and worked locums there, mostly at the London Hospital in Whitechapel (heart of Cockney country) where I worked with many different nationalities and had my first experiences of other ethnicities and their foods. On returning to NZ I was in Nelson for several years, working in the hospital and then outpatients, and after moving to Auckland and a break of some years began in a private practice in Albany. I have continued in private practice since then, beginning my own business in Hamilton where I now employ two dietitians, and another business in Devonport where I work just one day a week. In Hamilton I began working with brain injuries, and was the only dietitian for Hamilton and the Waikato, and covered Rotorua, Tauranga and the East Cape as well. I still work with brain and spinal injuries in Auckland as dietitian for Neuro Rehab Results.

### ***What sorts of things does a dietitian do?***

A dietitian has a science and medical background which enables them to formulate disease-specific nutrition advice as well as promoting good health. Putting that into practice means assessing a client for a specific reason, and identifying a problem, followed by proposing a solution. This is then followed up on a regular basis to ensure that the identified problem is being corrected or managed in the best possible way.

### ***Who might benefit from dietitian input?***

The medical issues a dietitian deals with varies considerably from weight loss/weight gain management, to bowel and gastro-intestinal disorders, to inborn errors of metabolism, to diabetes and cardiovascular disease, and to tube and PEG feeds where a client is fed via a tube. A dietitian can also work with rest homes ensuring clients are well nourished, and that the menus comply with the regulatory requirements.



*(Viv working with a client)*

### ***Who might benefit from dietitian input? (Continued)***

Speaking to groups and writing for publications on various topics can also part of a dietitian's job, as education is considered extremely important in encouraging the population to take responsibility for their health and that of their children.

### ***What do you really enjoy about your job?***

I love my job as I get a great deal of satisfaction from seeing the positive changes people can make in their lives to feel better, and improve their state of health now to prevent health issues in the future.

***If you would like to make an appointment to see Viv, please contact Sue in the clinic for details.***

#### ***Useful Websites***

**[www.luminosity.com](http://www.luminosity.com)**

**Brain training games targeting: memory, attention, problem solving, speed and flexibility.**

**[www.disabilityresource.org.nz](http://www.disabilityresource.org.nz)**

**Auckland's largest disability information and advisory centre and product showroom. Products can be purchased online or from the showroom:**

**14 Erson Avenue  
Royal Oak  
Auckland 1061**

**[www.walkingisoverrated.com](http://www.walkingisoverrated.com)**

**"walkingisoverrated.com, a fresh approach to disability news, views and reviews in New Zealand".**

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Sue and Kirsty at the National Disability conference

## Rehab Quote of the Month

“Rehabilitation is a journey with much to go through along the way and many milestones to pass. Recovery is the destination but all you can influence is the journey.”

- Roger Lampen, *Its all in the Mind*

## National Disability Conference

On December 6 2010, the first National Disability Conference was held by the Health and Disability Commission. The theme of the conference was “Making it Easy to Speak Up”. The focus of the conference was on ensuring people with disabilities and those who are supporting someone with a disability have access to correct and appropriate information, know what their rights are and who they can approach to raise concerns or seek support.

Neuro Rehab Results held a booth at the conference. Suzie, Sue and Kirsty manned the booth and promoted Neuro Rehab Results. As well as that, we were able to attend some of the conference sessions.

One session that I (Kirsty) attended was called “Caring for the carer: support for carers and family members of people with complex needs”, presented by Jan Moss.

Jan Moss co-ordinates the Complex Carers Group. The group was established in response to a report put out called “Just Surviving” which stated that over time as the needs of a child with a disability increased, the carers / parents capacity to meet their needs decreased. If carers had the quality and timely support they required then they would be able to cope better and for longer.

The Complex Carers Group provides a collective voice, support, and information for families and carers supporting children and young adults with complex needs. They also liaise with the Ministry of Health and Disability on behalf of families and carers. Jan Moss represents family carers on various advisory and working groups for the Ministry of Health, ACC and Ministry of Social Development.

The Complex Carers Group seeks to share their combined experience and knowledge with other family carers to support and help them navigate “the system” “and to identify the issues and possible solutions and inform those who can make a difference”.

The Complex Carers Group is a special interest group within Carers New Zealand.

Visit Carers New Zealand’s website [www.carers.net.nz](http://www.carers.net.nz) . You’ll find a comprehensive website with a number of downloadable resources, news and reviews, stories and much more for people caring for anyone with complex needs.