

Neuro Rehab Results Newsletter

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Welcome to the latest issue of the Neuro Rehab Results newsletter where we aim to provide relevant and interesting information.

Did you know...

Mirimiriri is a form of traditional Māori massage. If you are interested in an affordable opportunity Te Karearea offer \$20 mirimiriri with student practitioners on Wednesday evenings at Kawai Purapura Retreat Centre in Albany.

<https://www.temaurea.co.nz/clinic>

If you are **travelling** to the UK or Europe and require equipment to hire, accessible taxis, airport transfers or assistance with sourcing suitable accommodation one of our clients recommends the following website as a good starting point.

<https://disabledaccessholidays.com>

For those **women who dress one handed**, we have recently been using a couple of slightly unusual but useful equipment items. The Buckingham Bra Angel and 1-Up hair ties (Google search for various suppliers).

Recent interesting and relevant **books** read by our therapists include Handywoman by Kate Davies, a collection of essays about a woman's journey from a stroke as an academic at age 36, through rehabilitation, to become a foremost knitting designer.

Touch Compass Dance Company, an inclusive performance art company are currently featuring a range of short films on their website showcasing the work of filmmakers around disability topics:

<https://touchcompass.org.nz/film>

Changes to the Therapy Team:

Over the last few months we have had several changes to our therapy team. We are delighted to welcome Kate Brown, physiotherapist, back after a period of maternity leave. She has a particular interest in neurological rehabilitation with experience in a variety of therapy settings working with clients with a range of neurological conditions. Kate enjoys working in partnership with clients, assisting them to achieve their rehabilitation goals.



Kate Brown: Physiotherapist

We are also pleased to welcome Kathrin Kuebler, massage therapist to the team. Kath is a bodyworker and massage practitioner with a wide range of life experiences and a variety of tools she weaves into her sessions. Treatments available include relaxation, deeper tissue, and holistic massage, romiromi/mirimiri. Sessions at our clinic are available on Tuesdays, Wednesdays and Thursdays. Bookings can be made directly with Kath via her online booking system:

<https://10to8.com/book/jiznlclgqhegtgztrhsip-free/> alternatively, you can email Kath (kath@elementalbodywork.co.nz or phone 09 889 9287).

We recently bid farewell to Janine Manga and wish her well as she moves to a new specialty in hand therapy.

You can read about our staff on our website www.neurorehab.co.nz/therapists <http://www.neurorehab.co.nz/massage-therapy/>

Hydrotherapy:

We are pleased to be able to extend an invitation to interested clients to join a hydrotherapy class that we run weekly on Wednesdays 10.30-11.30am at the Millennium Pool in Rosedale. Although this class is run for Multiple Sclerosis (MS) Auckland, it is also suitable for people with other conditions and the cost is just \$30 per quarter. If you are interested in hydrotherapy, please speak with your physiotherapist or call us for more details.



We provide a free 30 minute screening session at our clinic in Wairau Valley for the Wednesday Hydrotherapy class, similar to the free screening we offer for our ActivEx, Move! And Balance-Fit classes.

Other classes:

We run an additional four classes a week:

1. **Arm clinic** runs on Thursdays 12.30-2.30 pm and gives you extra practice of arm tasks and exercise. The cost is \$120 for a 2 hour session.
2. **ActivEx** is a mix of group and individual work to improve strength, fitness and flexibility. This class is suitable for people who need help walking or who use a wheelchair. It runs on Tuesdays 11am-12pm. Cost is \$80 for a 6 week block.
3. **Move!** is a circuit class designed specifically for people with Parkinson's disease. It runs on Wednesdays 11am-12pm. Cost is \$80 for a 6 week block.
4. **Balance-Fit** is a circuit class designed to improve balance, confidence and fitness for people who are at risk of falls. This class runs on Fridays 11am-12pm. Cost is \$80 for a 6 week block.

Emergency 111 Text Service

NZ emergency services operate a 111 text service for people who have hearing or speech difficulties. The text service is only available to those who are deaf or who have hearing or speech impairments and users must register online to be able to use the service.

When texting in an emergency, users need to identify the type of emergency (fire, police, or ambulance), their location, and when the incident occurred. If needed, emergency services may text questions or information back and users are told to always follow instructions which may be sent through.

If this service is relevant to you, a family member or someone you know you can register via the NZ Police website:

<https://www.police.govt.nz/111-txt>

New Accessibility Games from Microsoft

Microsoft has recently released four new games which operate via eye control and are designed for those with mobility or speech disabilities. The games use Windows 10 Eye Control assistive technology and can be played with either an eye tracker device or with a traditional mouse and keyboard. The games are designed to exercise skills including memory, maths, and strategic thinking. If you are interested in trying these games, they are available free from the Microsoft store.

Microsoft also now offer an adaptive controller for the X-box which can be custom set up with external buttons switches and joysticks. Further information can be found on the Microsoft Accessibility blog or on You Tube.

While we are on the subject of gaming it is interesting to see that an upcoming e-sports festival in Gunma, Japan will feature a competition for teams of players with disabilities using adaptive equipment. Perhaps other countries and competitions in this developing area will follow suit.

Client Story: Jonathan

Those of you familiar with our newsletter format will see we have made a change for this issue. Rather than writing a client profile we are sharing a letter written by the wife of one of our clients. Jonathan sustained a severe traumatic brain injury five years ago when a train hit his car. We first met Jonathan and his family following inpatient hospital and rehabilitation unit care some eight months after his injury. We worked together for around 18 months during which time Jonathan made excellent progress and was discharged from the service. Late last year we met with Jonathan and his wife Debbie and began another chapter in his rehabilitation journey.

Debbie wrote to us a while back and with her permission we would like to share this (slightly edited for length).

"I am writing to thank you for your outstanding service. I will begin with the latest support provide by Vicky (dietitian), Shona (occupational therapist) and Ronit (clinical psychologist).

As you will be aware, I only asked (ACC) for dietary advice for Jonathan who takes pride in his fitness, was gaining weight and not able to stop it. We received notice that we would be offered dietitian, occupational therapy and psychology support. I was overwhelmed by this but decided to see if it could help. I as usual would have to find to find some energy just to take him to his appointments I truly did not imagine how any of it would make a difference. How wrong I was.

While Jonathan had gone from strength to strength in his recovery in the last five years, I as his wife and carer had completely reached the bottom. No longer capable of holding down paid employment and resentful of his improvement and resilience. I was effectively drained dry.

Shona immediately remedied the issue of Jonathan's confusion between fatigue and hunger and supported him with the move and orientation to our new home town. Vicky came and reminded us of some healthy eating options and supported us to both stop some bad habits we had slipped into. She weighed him and reassured him of his weight goals.'

I know ACC only provides service for Jonathan and not for carers and he grabs every opportunity to improve with both hands so maybe he would get something out of seeing Ronit.



When we met Ronit, Jonathan and I had a total carer - patient relationship. My husband had died five years ago, and I was left with a new person which nobody acknowledged. Professionals, family and friends just told me how fantastic he is and how well he had done. What a lovely man and everyone smiled. How lucky I was apparently.

While Ronit clearly met the ACC requirements while treating Jonathan, there was no point in her treatment unless she included me which she did from the first introductory meeting. The fact that she looked directly at me and asked about me opened me up to tears immediately. She began to heal me in that moment. Of course, the by-product of healing me means success for Jonathan so his goals as ACC sees it I think it are being met.

Six months later our recovery is outstanding. Please know that if Ronit had not helped me I don't know how bad our future may have got as my fuel tank was empty.

In conclusion I wish to thank Shona, Vicky and Ronit for enabling Jonathan and I to be normal."

Research:

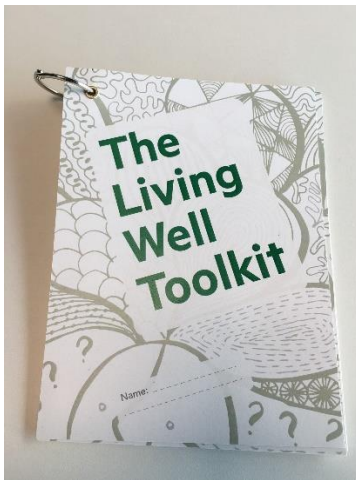
We often use some space in our newsletter to talk about research projects that are recruiting for participants. While we are aware of some that are in the pipeline, we don't know of ones recruiting at this current time. You can watch out for details as they arise on our facebook page:

<https://www.facebook.com/neurorehabresults/>

Burwood Academy Consultation (BAC) Group

But if you wish to influence the research agenda, then you may wish to consider joining a consultation group as a person living with a longterm health condition. Although the consultation group is coordinated by the Burwood Academy of Independent Living, members can join from throughout New Zealand. See <http://bit.ly/319y8xr> for more information.

The **Living Well Toolkit** project is a research project that we have been involved in as a clinic. The project has now wrapped up, but both the client and clinician resources are now freely available for use online.



The client toolkit can help you think about your needs and the things you want your health professionals to know about you, your family or your situation. The toolkit is designed to be flexible, so that you can use it any way that best suits your needs; there are examples of how other clients have used it on the website.

You can pick up a free copy at the clinic or you can download a version from the website:

<https://cpcr.aut.ac.nz/research/resources/living-well-toolkit/client-living-well-toolkit>

Upcoming Events:

Disability Pride Week 2019's theme this year is 'setting the agenda' and will run 16-22 September. In general, Disability Pride week aims to shift the stereotypes often used to portray disabled people and to change the view to one where disability is considered a valuable part of diversity. Read more about it and find out how to get involved:

<https://disabilityprideaotearoa.nz/?src=nav>

MS Awareness Week coincides with Disability Pride and they are running their annual street appeal 20-22 September at the following sites:

- New World Orewa
- Countdown Takapuna
- Milford Mall
- New World Kumeu
- New World Victoria Park
- New World Remuera
- New World Stonefields
- Westfield Manukau City

So you can donate to collectors in those locations; if you are willing to be a collector, then <https://msakl.typeform.com/to/IMDKy7> is where you can register online.

If you can't get along to one of the locations, then you can donate online:

<https://givealittle.co.nz/donate/org/msaucklandregion>

