

Neuro Rehab Results Newsletter

Oct 2020

A CHALLENGING YEAR...

Anyone who discusses 2020 tends to use words like 'challenging', 'extraordinary' or 'crazy times' and it is hard to disagree. Like many people, earlier in the year we had to make some rapid changes in the way that we operated. All the staff have become very good at using zoom and other forms of phone or video to continue to provide rehabilitation to clients. We have found that many of you have also got used to this new way of working although most of us are glad we are back to level 1.

We actually had this newsletter ready to be sent out in August the week we went into level 3, so we have updated it and are sending it out now in celebration of level 1!

One of the positives we have found is that remote sessions are still useful for both us and clients. It works well when travel makes it hard for you to get to the clinic (or for us to get to your home); in this way it can also be more efficient. It also works really well if you just want a short catch up with a therapist, but don't feel it is worth the time travelling to the clinic.

During the first lockdown, we developed a new class. We were aware that many people were less active than they were prior to this pandemic. Because we all got a lot better at using zoom for therapy sessions, the physios started talking about how we could run an online exercise class. We worked out a way to safely assess new participants and how to deliver the class so that it was easy and clear for participants. Once lockdown was over, we realized that the convenience of the class suited many people, so Sam continues to run this class once a week (more details on the next page).

We are looking forward to seeing more of you in the clinic once again.

We are still running Balance-Fit on Fridays

Read more about our new class *Step It Up* on the next page.



Covid-19

Contact tracing

We have all got a lot more used to scanning in with the Covid tracer app during this last lockdown. We've also seen how quicker contact tracing made this last lockdown faster and less restrictive than previously. So please remember to use the app if you come to the clinic or use the sign-in sheet.



WE'VE CHANGED OUR CLASSES

Step It Up

We started this class during lockdown because we saw that many people were less active than they had been previously. We designed this class so it is entirely online (via Zoom) so that participants exercise in their own homes. Once lockdown finished, we realised that some of our participants really liked the convenience of exercising at home.

Step It Up is for people who want to improve their strength and balance. This class is particularly suitable for older people but is open to anyone who has these goals.

The class runs every Wednesday from 1.30pm-2.00pm. Step It Up costs \$35 per month. We offer one free class so that you can try it out before you commit to a month.

This class is run by Sam Henry one of our physiotherapists. Before each class, Sam sends participants the exercises and a class plan, so they can prepare for the class if they want to. People can work at their own pace and, if needed, Sam is able to customise exercises for each person's ability. Participants can see and hear Sam and she can see all the participants and give feedback and encouragement. The class is slightly different each week to keep it interesting.

We will also add a video every month of a simple class to our library, which we will make available to participants to watch at any time. This means participants can do classes more than once a week in their own time or they can use it to make up a class if they miss one.

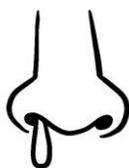
REMEMBER: don't come in to the clinic if you have any of the following symptoms. If a therapist is due to see you at home, please let them know about your symptoms before they arrive. A remote session might be a good option in this situation.



DRY
COUGH



FEVER



RUNNY
NOSE



SORE
THROAT



BREATH-
LESSNESS



HEADACHE



BODY ACHES/
SORE MUSCLES



SNEEZE



FATIGUE



DIARRHOEA



CHILLS



LOSS OF
SMELL

CLIENT PROFILE

An interview with Tadhgh Stack

Can you tell us a little bit about yourself:

I'm Tadhgh. I live with my fiancée - we got engaged at Christmas. I work at the council gym in Stanmore Bay - after having so much physiotherapy, I gained an appreciation for what exercise can do for the body.

Tell us about some of the things that are happening in your life at the moment:

I've actually just gotten back into cutting hair. I was a barber before my accident and thought I would be unable to do that again because of a lack of control on my right side. Through NRR, I completed a two month intensive training block focusing on my right hand called constraint induced manual therapy (CIMT).

What do you like best about rehab?

Constantly having something to work towards.



You've seen quite a few therapists from different disciplines; can you tell us a little bit about what you've been doing with each of the therapists:

To start with, my SLT worked with me on making different facial expressions, doing monologues, singing songs - that I put on Instagram. She also helped me with my course material for my personal training.

I had a couple of different physios at NRR. Firstly, I learnt how to use my crutches going downstairs in my family's new house and did some exercises in the pool at the local leisure centre - where I now work. With my second physio I started learning how to run, went paddleboarding, kicked a soccer ball and worked out at the gym.

Lastly my occupational therapist helped me to work out a new way to do anything I was struggling with. For example, buttoning up a duvet cover, cooking and typing.

I also did a two-month intensive CIMT training block (Monday to Friday) to make using my right hand (dominant hand) more of a viable option. It worked; I'm starting to cut hair again! I did exercises like whisking, button, using a screwdriver, in-hand coin manipulation, carrying a glass of water and more. My physio and OT, with a rehab coach ran the CIMT programme every day for two months.

What have you found helpful to stay focused on your recovery?

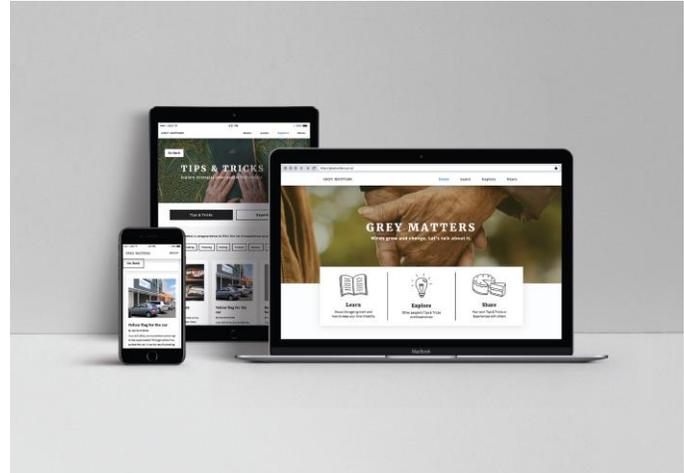
I didn't find it hard to stay focused because I had so much to gain!

GREY MATTERS

An interview with Guy Collier

Tell us a bit about yourself:

I'm a researcher at AUT with a background in medical anthropology and design. My work focuses on how we can use design and creative methods to improve people's experiences of healthcare. I work at the Centre for Person Centred Research and Good Health Design.



You've recently been involved in a project to develop a website. Can you tell us about it.

The project was funded by Brain Research New Zealand and carried out by an interdisciplinary design team at AUT with support from researchers at Otago University. Our original brief was to design an online resource for older adults with Mild Cognitive Impairment (MCI), a diagnosis associated with a greater risk of dementia in adults over the age of 65. When we started working with end-users to learn about their experiences, we found that this clinical definition was actually too narrow to build a website around. Many people didn't know what MCI was and interpreted it in different ways, so we decided to focus on people experiencing 'changes to memory and thinking' instead. We ran a co-design workshop and found that our users had other concerns around social isolation and loneliness. So we worked together with our user group to develop a website that would be both informative and also promote social connection. One of the key insights of this project was that the co-design process (designing *with* rather than *for* people) could help older people feel more valued and counteract experiences of marginalisation and loneliness.

What kinds of things are on the website?

Grey Matters is an information resource as well as a place for sharing stories and ideas with others. It has an information page about 'the ageing brain' which includes tips for staying healthy as you get older. It also invites users to contribute stories, experiences, and strategies for managing changes to memory and thinking. People can explore this user-generated content to find out what other people do to minimise the impact of these changes from day-to-day.

Who is it for?

The website is primarily for people who have concerns about changes to their memory and thinking, but it is also for whānau. It might also be of interest to clinicians, researchers, and other people with an interest in the ageing brain.

Where do we find it?

You can find it at <http://www.greymatters.co.nz/>

Anything else you want to add?

I'd like to thank our participants for taking part in this project and helping us develop this resource. Thank you also to Brain Research New Zealand for funding this piece of work.

We love hearing from previous clients...

Many of you will remember Rodney Richmond, who featured in a previous newsletter (May 2017). He recently contacted us with this email, which he is happy to share with all of you in this newsletter.



Hi Suzie,

Today I have been offered a fulltime job with NZ Bus as a driver and straight away I thought about you and Neuro Rehab Results who helped me get to this stage of my recovery, that I am able to except this offer.

It's been an interesting journey so far Suzie, which is in no way complete by a long shot, but I wanted to thank you and your team, for your support, kindness and especially, your patience with me. I know that I pushed boundaries, was loud, and sometimes just a pain in the butt...hahaha but you guys were tolerant and managed to keep me on track in spite of myself.

Thank you Suzie, I cannot thank you and your team enough for your help, which helped me through the toughest period of my life, by far. I wouldn't wish this on anyone, but if it did happen, I hope that they may also find Neuro Rehab Results as I was lucky enough to do.

With my best wishes

Kind regards

Rodney

Rod has indicated that he is happy to share his experiences of spinal cord injury and the adjustments that he has made. If you would like to get in touch with Rod, let us know and we can give you his contact details.

DO YOU KNOW ABOUT SUPPORT CREW?

What is Support Crew?

Support Crew is a FREE online support platform that easily co-ordinates meals, transport or any other help that's needed from family and friends. Support Crew has been set up by two New Zealanders.



When dealing with a life changing event, you often need help with meals, transport or child care from those around you. It's likely that many of the people in your support network are asking 'what can we do to help' or 'let us know what we can do to help'.

It's not always easy to know what to say and we struggle to ask for help because it can make us feel like we are a burden to others.

Support Crew will help you to easily ask for the meals and help you really need whilst providing a super easy way for your support network to give. So you can focus on the things that really matter, and your Support Crew can know exactly how they can help.

Support Crew is for anyone dealing with a life changing event, which can be:

- health related such as: cancer, surgery, Alzheimer's/Dementia, arthritis, MS, stroke, heart attack, diabetes, sick children, depression/anxiety.
- life related such as: a new baby, multi-births, an accident, aged care, bereavement, divorce/separation or redundancy.
- natural event related such as: floods, earthquakes or fire.

Essentially, Support Crew is for any time a person needs a little bit, or a lot of help from their friends and family.

The type of support a person can get help for may include:

1. **practical:** like meals, mowing the lawns, doing the gardens or cleaning the house.
2. **financial:** like funds for treatment costs, house modifications or day-to-day expenses.
3. **emotional:** like a message of support, a phone call or a visit.

<https://www.supportcrew.co/>