

HOW DOES IT FEEL FOR ME?

Kari / December 2019

AFTER TELLING ME LAST MONTH ABOUT YOUR TIME IN HOSPITAL AFTER YOUR STROKE, YOU WANTED TO TELL ME ABOUT YOUR EXPERIENCE OF DISCHARGE...

The last two times I were in hospital, my discharge was certainly different. The pharmacist came the day before to order my tablets and make sure my tablets were on the ward. And if it was going to be a long time waiting on the ward, they let me go home and taxied my medication to me, so I didn't have to wait around for it. Even though the medication was on the ward, it still needed to be checked. It was a couple of hours I was waiting each time, maybe less because I just had to wait for the transport. What a big difference that made! It were great knowing I didn't have that long wait. I half expected them to go to the Discharge Lounge, so I wasn't dreading the long wait, and then they said they'd taxi it and I thought, 'Ooh This is good'. It made a whole lot of difference to coming home positive.

HOW HAS YOUR HEALTH BEEN SINCE YOUR STROKE?

I've been really, really low, not sleeping again. It's too much like the old days. Some of the stuff I were writing, it was not nice stuff coming out, but it's coming out. And I said to the Stroke Team, now could they see how low I'd been, and they said, "Yes, Kari," you know, "We're on it." I didn't know who to tell. I were really bad at one point and I rang Pastor Andy at my church, and he spoke to me for about an hour on the phone, he were brilliant and he got me in a better place.

I've been waiting to see a psychologist from the stroke team, I'm seeing her next Monday, and I'm putting a lot of hope in her because this thing with my Lithium levels in my blood, I've been on that tablet 30 years and I said to the doctor when she rang me, "Why is this happening?" And she says, "You've got dodgy kidneys now." I says, "I'll put it on my list!". I want my whole mental health thing reviewed and I'm hoping she's the key to getting me signposted somewhere. I haven't been with the Community Mental Health Team for a few years, I don't see anyone apart from getting my Lithium blood tests. My Community Matron knows I've been low, but all I'm getting now is, "It's very common after a stroke." I'm like, "Yeah it might be, but there's me on top of that".

HOW'S YOUR EXPERIENCE OF THE STROKE REHABILITATION TEAM?

There's quite a lot of the team involved in my care, Occupational Therapist, two physios, the psychologist, dietician. They tend to come all in one day but it's spaced out. They're very good, there's a lot of back up. There's a lot of physio! No pain no gain! At least they do it with a smile, you don't mind doing it for them. My biggest goal is to get back to church. We're going to practice with the Occupational Therapist using the walker on the steps, so I can get from here to where the taxi is. I miss going out, I'm a people person. I'm not even going shopping as Trudi is doing it for me and bringing it up. I've got them for 12 weeks until end of February. I won't be walking, I'll be flying!

TELL ME ABOUT YOUR EXPERIENCE WITH CARERS THIS MONTH...

I've been with the Reablement Team. They're not coming now, I didn't think we were helping each other. I wasn't doing what I was told so I stopped them. First they cut the times down, instead of 45 minutes for a shower, it was 30 minutes, and they were only coming two times a day instead of three. And I said if you're cutting the time down, you may as well exit, let me get out of the whole thing. I don't want to be part of it any more. I were getting worse, They found I were doing stuff so didn't have owt to do when they come. And I just don't like being told what to do in my own home. A lot of them were OK but they used to talk at me, not to me, and that really got my back up, and I were getting more stressed when they went. One in particular, I didn't think she were a carer, she were a bully, and I won't be spoken to like that in my own home. I kept thinking, she's 'old school' and I were allowing for it and that, and I thought 'Why am I allowing her to make me feel like this? 'Old school' or not, she needs to get modern.' The Reablement Team, said they didn't want to exit, she says, "I've got concerns because I think you need the care", so she says, "I'll leave you some leaflets so you can phone people" I said "I did that last time, they didn't bother to phone me back." But I haven't got round to that yet. Trudi (my daughter) kindly seems like she's taken over a bit, you know, the care. We're managing to find a way round it, and it seems a happier relationship. She probably comes every other day. Plus with her being a carer, with that job she knows what she's doing, she knows what to look for.

**ARE YOU STILL SEEING ANDREW
(COMMUNITY MATRON)?**

Yeah, he rings up to see how I'm doing. He come this morning. He wasn't too impressed that I'd got rid of the carers. He said, "You do need some care", and I said, "Not when it makes you feel worse!"

**HAVE YOU HEARD ANYTHING FROM THE SUPPORTED
LIVING PLACE YOU'RE ON THE WAITING LIST FOR?**

Apparently, I've got a social worker now attached to the case which is good, and Andrew keeps asking. I'm definitely on the waiting list. I've been on the waiting list since August, no, longer than that. He was hoping of getting even more priority because of the stroke. There's 24 hour care there and I think I can pick and choose what care I want.