

Introducing Linda (pre stroke)

- **Age: 54**
- **Family: Husband Michael, Daughter Kayla, Sons Carl, Brady and Stepson Logan
Daughter in Law Katie and Granddaughter Ruby**
- **Interests: Walking my Two dogs**
- **Work: Countdown in Timaru**
- **Health: In good health before and now again.**

26th July 2016

2x TIAs at Home

1X TIA in Hospital

Then.....

“The Big One”



Timaru Hospital

Highlights & Lowlights

Highs

- A Big thank you to my husband Michael & the kids
- Went home for a day to see my dogs
- When Mike and the dogs came to see me in hospital
- I see the hospital staff at work still, that is so cool.
- Playing board games with my family
- I was given 21 bunches of flowers from family, friends & workmates, loads of vases.
- When my Mum came over from Aussie to see me after my stroke.

Highlights & Lowlights II

Low points

- To wake up to find that I had a large stroke
- Sustained a foot injury, run over by a hoist in hospital
- When Mum went back to Aussie, Three weeks back at home Mum passed away.
- That was so sad we could not go over to be with family and say goodbye to her.

What would you tell staff

- **The care that the staff gave me was good.**
 - **Be more careful with hoists!**
- **The hospital Physiotherapist gave me the best start-So thank you.**
- **A big thank you to my community Physiotherapist Wendy Hayes.**
- **And a big thank you to the whole disciplinary team for all the care they gave me.**

Back to work.....



Countdown at
Timaru have looked
after me- so a big
thank you to them.

What helped me return to work?

- I was off work for 15 months
- My Boss and Colleagues were great.
- I did one hour a day
- Then next week I did Two hours.
- Now I do 15.5 hours a week
 - Sometimes I do 26 hours.
- I have been back at work for one year and enjoying it.
- I have worked at Countdown for 21 years.