

Moving Forward After Stroke – Case study

Lester's story

Lester had been a builder for many years. But several months ago, he suffered a devastating stroke. "One Saturday, I came home from work and was getting ready to go out," Lester remembers. "I started slurring, and as the evening went on, I deteriorated.

"I woke up in hospital the following day, and my arm and leg wouldn't move. I couldn't walk anywhere. I couldn't work or drive at all. I also had severe speech problems."



Soon after the stroke, a physiotherapist referred Lester to Moving Forward After Stroke: "I've got another six weeks to go on the programme, but it has really helped me so far. I'm moving around at home more than I have ever done. I'm able to drive now, and they've been teaching us ways to keep our balance."

Lester has praised the more informative component of the sessions too: "Diet has also been explained to us. Since I've stopped working, I've put weight on, so in the last six weeks, I have been following the advised diet, and I've lost around half a stone."

"One of the main things that's helped me, as well as the physical side, is the effect on my mental wellbeing. It has helped to talk to other people who have had the same effect of stroke. We talk, we stutter and we slur a bit, and we can't always work our arms and legs, but it's nice to be with other people who are trying their best to get fit. I don't feel embarrassed by my speech difficulties here."

Lester said that he would definitely recommend the programme to anyone faced with mobility difficulties after a stroke: "It will certainly improve your standard of living. We have all been affected differently by the stroke, but the programme helps people in their different ways. For some, it might be about teaching them to walk. For me, it's helped me with walking, my balance, and mentally through talking to other people."

Find out more about our Moving Forward After Stroke programme at stroke.org.uk/mfas
