

MEDIA RELEASE

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Toowoomba Hospital Stroke Service praised by patients

A patient who received treatment and underwent rehabilitation with Toowoomba Hospital's Geriatric, Adult Rehabilitation and Stroke Service (GARSS) has heaped praise on the hospital's stroke service.

"When I had the stroke the paramedics said 'the best place to go is Toowoomba Hospital', and they were right," said former patient Mr Bill Sutton.

"I've been to five different hospitals after five strokes and I can say that this stroke service is the best in Australia," Bill said.

"The care doesn't stop when you're discharged, it's on-going and it gives a stroke sufferer light at the end of the tunnel."

Mr Sutton made the comments recently while attending the GARSS Day Therapy - Balance and Mobility Group. The group was formed to help people with mobility problems including stroke survivors in their recovery.

Physiotherapist Ben Stuart said the group was a 12 week program with participants attending twice weekly sessions.

"The classes are so popular there are currently three separate groups running per week," he said.

"We have six to eight people per group so there's plenty of demand," Ben said.

"The purpose is to reduce falls, and the risk of falls, by improving the person's balance, strength, agility, co-ordination and fitness, with a series of easily reproducible exercises that can be done independently at home".

"A review of the outcomes has shown that majority of clients make significant improvements in their balance, mobility and importantly their sense of confidence on their feet.

"Very importantly, the group is fun and the social interaction shared by the participants is highly valued."

Feedback from group participants reflected the value placed on the program, and on the quality of the comprehensive stroke service at Toowoomba Hospital.

"The care from Ben, Casey and the team at GARSS Day Therapy has been absolutely amazing and I find I'm much more confident to go out," BMG participant Sandra Norris said.

"There's also a lot of camaraderie amongst everyone in the group which is just wonderful."

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MEDIA: Contact Darling Downs Hospital and Health Service Media Team 4699 8725, 0448 996 296 or DDHHS_media@health.qld.gov.au