

Media statement

6 November 2019

Elderly rehab patient realises dream of walking again

Staff at Nambour General Hospital's Acute Restorative Centre (ARC) Unit are celebrating, after successfully assisting an elderly patient realise her dream of walking again.

91-year-old Joan was bed bound when she was admitted to the ARC Ward at Nambour General Hospital following a spinal injury. Medical professionals believed it was unlikely she would walk again.

Sunshine Coast Hospital and Health Service (SCHHS) Advanced Physiotherapist Amanda Baker said Joan has overcome many obstacles to reach her goal.

"Joan is very determined, and despite having a lot of trouble with pain and sensation when she first came to the ward, she pushed through and began therapy.

"For the past three months she has been doing active exercise-based therapy under the guidance of a physiotherapist at the rehabilitation gym twice a day, most days. She has spent a lot of time using the sliding tilt table a piece of equipment on loan from Sunshine Coast University Hospital, sometimes completing up to 800 reps of exercise," Amanda said.

A few weeks ago, Joan reached her goal of being mobile again, and is now able to walk assisted.

"The day Joan managed to get up and take a few steps was a very special day. Most of the ward was lined up in the corridor cheering her on, so there was a bit of a celebration when all of her hard work paid off."

ARC patient Joan said: "I had been told I may not walk again. At 91 years of age I am still not giving in.

"My time at ARC has been very busy. Initially lots of bed work, I graduated to the chair and then the wheelie walker. I am now capable of a long walk, it is absolutely wonderful.

"The team here have been so supportive and understanding, it is an amazing place to be. There are also a lot of other people in similar situations to bond with which also makes you feel supported," said Joan.

"I think it's really important we provide rehabilitation for our older community, and help them work towards their goals of living independently in the environment they feel most comfortable in. Joan is a great example of never underestimating a patient's ability," Amanda said.

Sunshine Coast

Hospital and Health Service

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The ARC Unit team provides care for frail older patients with complex physical and cognitive issues. The multi-disciplinary team works with patients and their carers to focus on retaining abilities to maximise quality relationships and add value to their days.

MEDIA OPPORTUNITY

Interview and photo opportunities are available with Amanda Baker and Joan.

WHEN: Friday 8 November, 9:50am

WHERE: Nambour General Hospital, please meet at main reception

ENDS

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