

Bury Live Well Case Study



Cheryl Pylypczuk

Referral Information

Cheryl was referred by the stroke team at Fairfield Hospital. She was referred because after the stroke in 2022 Cheryl kept falling, this had a huge impact on her quality of life. Cheryl's confidence massively declined as she chose to stay at home due to having a fear of falling when she was on her own. Cheryl was receiving regular physio which after the initial stroke helped restore loss of movement, however as Cheryl could not drive, she was very restricted and felt like she put a lot of pressure on her husband who was taking her to the appointments so gradually stopped going.

Support Provided by Live Well Officer Lizzie Howard:

From meeting with Cheryl face-to-face in her initial consultation, I could see how much of an impact the physical and mental health outcomes from the stroke had on her life, the sudden changes at home, at work and in her relationship. Cheryl did not feel safe exercising on her own therefore I suggested we started off with trying one strength and balance exercise class at her local leisure centre, as I felt they provided the correct support for Cheryl to feel confident whilst exercising. Cheryl started to come to my strength and balance class on a



Friday morning, this was great as I was able to have regular contact with Cheryl, checking in with her week by week setting her little tasks to do each week, making sure she was making progress and giving her the praise she deserved. Some tasks involved reaching out to friends and going for a coffee or going to the garden centre and treating herself.

Progress made and goals set – the patient journey

Over 6 months of regularly supporting Cheryl with regular check ins and face-to-face chats I noticed a massive change in Cheryl's wellbeing. Cheryl now attends 2 wellbeing classes per week and can do the advanced options of the exercises set. Cheryl thought she had lost her independence forever, never thought she would be able to drive again... she now independently drives herself to the classes every week, which was a huge milestone for her and her family. Cheryl is no longer a frequent faller, since being under Bury Live Well Service Cheryl hasn't had a single fall, with Cheryl's strength, balance and mobility getting better each week the confidence in which Cheryl now has to do other activities she never dreamt of doing is remarkable.

Testimonial

Following my stroke, I was referred to BEATS (Bury Exercise and Therapy Scheme) by the stroke team at Fairfield Hospital. I met with Lizzie who assessed me and invited me to join her strength and balance class. For the first few weeks I found the exercises quite difficult and was very tired afterwards. After a few months I was more able to complete the exercises and started to notice improvements in mobility. At this point I started a second chair-based class and began to go to classes twice a week. The improvements to my mobility and balance have been terrific. I now can walk much further and feel my balance has greatly improved and have I have not had any falls since starting the classes. Another great improvement has been the ability to stand up from a chair and sit back down which is particularly useful when there are no disabled toilet facilities available! My family and friends have commented on the improvement and this morning a neighbour called across the road and said 'you are walking much better'. My husband says the improvement is startling.