

*To the staff of Royal Ryde Rehabilitation,*

*I found myself in your care after I suffered a stroke on the 18<sup>th</sup> February 2010 and was assured Royal Ryde Rehab was the absolute best chance of my recovery to be maximised.*

*Indeed maximised it was. First days were quite confronting and hope sometimes difficult to maintain. This is where my most challenging days ahead were the most important for my rehabilitation.*

*Staff that were most caring and attentive and always courteous made my "new Life" more bearable.*

*Along with supportive family never giving up on me and encouraging every small improvement, I soon realised a difficult road ahead was one I was not travelling alone.*

*You may see your patients come and go, achieve so much and some sadly not regain as much independence as desired but your constant efforts stay firmly in place for the next patient,*

*"Onwards and upwards" soon became my motto and so too were the high targets and goals I set for myself. Days were difficult at times and sometimes the gravity of my recovery seemed overwhelming but with the constant support of my family reminding me that with determination and keeping my spirits high and my mind focused I had an opportunity to regain as much of my mobility and lifestyle back as medically possible.*

*The high nursing standards, proactive physio, and incredible access to all therapies confirmed my belief in attaining such a high degree of independent life again.*

*I have no doubt in my mind (which is as "sharp as a tack") that I owe so much to the devoted Doctors and Staff of Royal Ryde Rehabilitation.*

*I urge you to commend and encourage your overworked staff to have faith in their craft.*

*They should be proud to be part of a team which strives for such high standards. My particular thanks are to those involved with me at the very start of my stay and those who were so involved with my return to home.*

*Caring staff also were extremely helpful and supportive to my family who at times needed a shoulder, assurance and even a bit of a laugh at times have truly excelled at what true nursing is all about.*

Thank you for all the effort, consideration, care, and patience shown to me during my stay in rehab from the 26<sup>th</sup> February to 15<sup>th</sup> April 2010 in room 15/4. ~~EVERY~~ section from Administration, Nurses, OT, Physio. Relaxation, Welfare, and Catering services have to be commended for their work.

Time in the OT & physio (patients call it the torture room) was well spent, if you apply yourself you will benefit from the expertise of the professionals and hopefully recovery fully.

The professionalism of the staff whilst caring for patients was quite remarkable, as some patients obviously are not capable of responding due to difficulties or disability. Staff is always there to offer help & encouragement without the patient feeling as though they are a bother.

Hopefully I will not see you again as a patient, but if I had to have rehab at any time you can be sure I will revisit your facility.

I am still receiving aftercare outpatient from Sydney West Health Service operating out of Westmead Hospital

My condition is still improving and I consider myself as one of the lucky stroke victims and put it down to the immediate and intensive treatment I received at Royal Ryde

*Bob (Robert) McSeveny*

Yours sincerely Bob (Robert) McSeveny 20/5/10