

## Stories Behind the Cases



## How Golf Changed the Return-to-Work Strategy Mark's Story

**Mark, an insurance executive, was in his 50s when one busy day turned into the start of a challenging new life path - as a stroke survivor.**

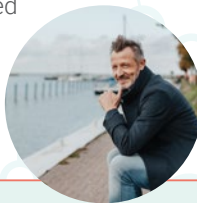
With no access to vocational rehabilitation from the public health service, an eagerness to get back to the job he loved so dearly, and a want to return to a sense of normality, Mark felt at a loss with how to improve. **So what would help Mark achieve his goals?**

### THE NEED

Mark was in the midst of another demanding day at the office when he stumbled on the stairs. While he had experienced these minor trips before, this time something was different. By the end of the day, he found himself in the hospital awaiting triage.

After some general rehabilitation and early discharge, Mark had improved minimally, and he was frustrated that he could not return to work.

By the time Krysalis was alerted and a referral was made Mark had been off work for near to six months, and he was eager to return as soon as he could.



### THE QUESTION

Mark had suffered a lacuna stroke, caused by a blocked blood vessel to the brain. His right side had been affected, as well as his hand function.

He did not understand his needs or symptoms, Mark also experienced unmanaged anxiety and fatigue, and he did not know how his stroke would affect his ability at his job and his work aspirations. Krysalis Occupational Therapist Anna Finlay is well-versed in assessing return-to-work ability, and she was keen to support Mark effectively, by understanding his life, his values, and his goals.

This meant she could answer the biggest question of all:

**"COULD MARK GO BACK TO WORK AND IF SO HOW?"**

66 *You know, when something like this happens, you can get a lot of information off the internet, but nothing beats having someone on your side and being with you through it.* 99

Mark



“ I assessed him in his home and assessed his commute into London and in the office. It was important for me to see him functioning physically in that environment because his main challenges were with motor function and fatigue. ”

Anna Finlay  
Occupational Therapist



## SEEING THE WHOLE PICTURE

When Anna started Mark's assessment she discovered that, despite his dedication to his busy work schedule, Mark liked to make time for other passions, including one that was to prove pivotal to his neurorehabilitation progress - golf.

Anna connected Mark to a golf pro, and they produced a plan that included strategies and exercises to increase Mark's confidence and mobility, and to improve his function, strength, balance, and co-ordination.

This plan took Mark to a world-renowned golfing estate, Gleneagles, where Anna introduced Mark's golf sessions as the work hardening activity he needed to aid his return to work.



Anna Finlay  
Occupational Therapist

## SPECIALIST SUPPORT

Anna also recommended other strategies, aids, and adaptations to help Mark improve his function and to manage other symptoms caused by the stroke, including his bouts of anxiety and fatigue.

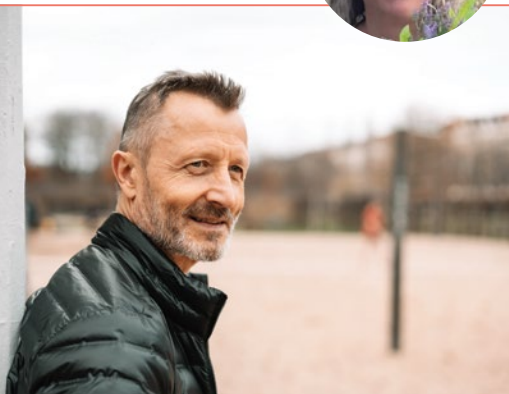
Her work also included an enormous amount of educational work on energy management, fatigue management, and cognitive fatigue so Mark could manage his symptoms better.

“ I used techniques within activities of daily living to improve Mark's upper limb function and to aid motor work. Golf is a fantastic work hardening activity, improving his balance, upper limb grip, and walking. And because it's an activity he enjoys, it engages his limbic system and boosts his energy levels. ”

### “DID MARK GO BACK TO WORK?”

With Anna's guidance Mark resumed his role in the insurance industry that he had enjoyed for so many years, including international travel.

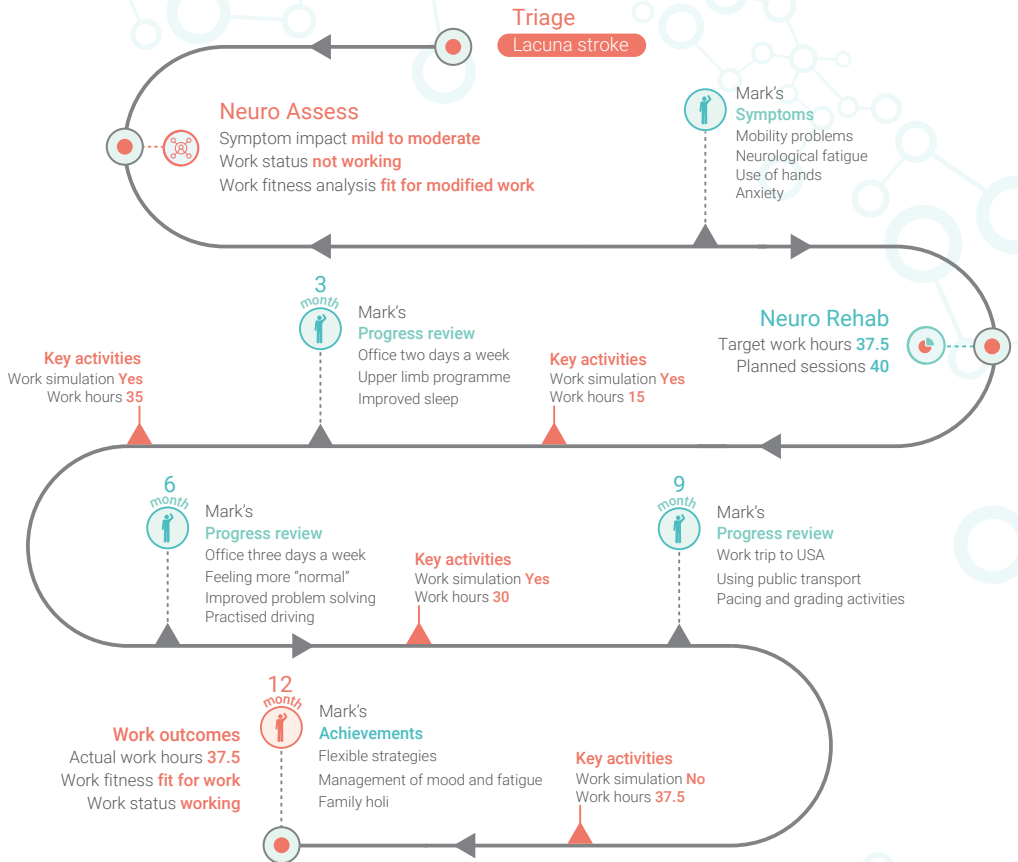
This specialised intervention helped Mark manage his post-stroke symptoms, and allowed him to gain the confidence he needed to return to work at his previous full-time hours and improve his handicap on the golf course.



# Neuro Rewire

For individuals with clear work potential at assessment

- What **Goal orientated vocational rehab pathways**
- Programme **Treatment**
- Expected duration of programme **0 - 12 months**



Neuro Logical from Krysalis is a dedicated service for the workplace helping individuals, as well as insurance providers and employers, to understand work capabilities and overcome challenges.

neuro:logical  
that makes sense.



66 *My graduation from hospital rehab was literally being taken into a room and watched, making a cup of coffee. That's great for a 75-year-old who's had a stroke and you want to see if they can live at home by themselves - but not for a 50-something who's theoretically still got ten years to give to an industry.* 99

Mark



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