

Headway East Sussex Crawford's Story

Crawford suffered a major stroke in October 2013. This has resulted in severe impaired mobility with both his left arm and leg affected, he uses a wheelchair every day.

Crawford has been using our Community Exercise Programme since late 2015. During this time Crawford has followed a regime focused on achieving his goal of walking again, something he was told he would never achieve.

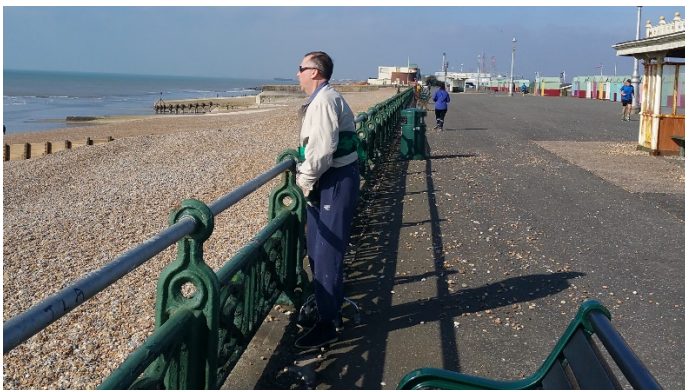
Initially the exercises were designed for strength building, and giving Crawford the skills that would hopefully allow him to take some steps. After a few weeks Crawford managed to walk 3 metres using hand rails and with support from our gym supervisor. This developed into Crawford walking 10 metres, then 40 metres, then 100 metres. With confidence building every session, we increased the sessions to twice a week. Crawford continued to make progress and in January 2016, he walked 300 metres, with no rails and using a stick!



"These sessions are making a huge change to my life, it's brilliant."

When the sessions first started, a goal Crawford set himself was to walk outside again. This goal was achieved in March 2016 with a walk along Hove Promenade, stopping to enjoy the view.

When we got back, Crawford walked through his own front door for the first time since his stroke.



Crawford will continue to develop his walking, being more independent around his home and is now focusing on getting his arm to function again.