



# Michelle's story

## Mount Eveswell

**Michelle\* developed an acquired brain injury after contracting bacterial meningitis in Cambodia. After spending more than three months in an intensive care unit there, she was able to fly back to the United Kingdom to continue her post-acute rehabilitation at Mount Eveswell.**

## Rehabilitation at Mount Eveswell

When Michelle first arrived at Mount Eveswell, she was unable to stand without the help of two staff members and a standing frame, and required a catheter. Her short-term memory had been impacted by her brain injury, and she also had anxiety around accessing the community and undertaking home visits.

The multidisciplinary team at Mount Eveswell focused on supporting Michelle to maximise her confidence and independence. She was supported with a personalised neuro-rehabilitation programme, which included physiotherapy, occupational therapy and psycho-education.

Using muscle strengthening, balance and bed exercises, as well as focusing on her mobility and posture, Michelle's physiotherapy team were able to help her to develop her mobility. In addition, she received regular input from the service's occupational therapist, who assisted Michelle to develop her general stamina, core stability, upper limb movement, and functional standing.

Spurred by her own motivation and supported by her bespoke rehabilitation programme, Michelle started showing a lot of improvement in her anxiety levels and movement functions. She was able to walk short distances with a walking frame (with supervision), and began washing and dressing with minimal support. In addition, her catheter was removed, and she was able to use the toilet.

Given this remarkable progress, the team at Mount Eveswell established continued support from local community teams, enabling Michelle to move into a new home in the community.