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A new road to recovery

People in Macarthur recovering from stroke will benefit from technology including iPads, apps and DVDs on their journey to recovery, following a donation from the Camden Stroke Recovery Club.

A grant from Camden Council helped the Club purchase the therapeutic and diversional therapy resources for patients at Campbelltown and Camden Hospitals, helping prevent isolation and depression during their rehabilitation.

Camden Library installed special speech and occupational therapy apps and games on the devices.

Camden and Campbelltown Hospitals, Team Leader Chronic and Complex Care, Erin Chaplin said depression and isolation were very real issues when recovering from stroke.

“We do our best to keep people motivated and interested during their recovery,” Ms Chaplin said.

“Simply having access to a portable DVD player can have a significant impact on a patient’s mindset.

“It gives people a sense of freedom and autonomy that can otherwise be hard to find when recovery from stroke,” she said.

Ms Chaplin said the Club’s partnership with Camden Library has allowed inpatients access to stroke specific resources and a pop-up library at Camden Hospital.

“It’s about providing a form of relief from the rigours of rehabilitation and promoting a positive attitude to recovery.

“We’re very grateful for this donation and look forward to using the equipment with our patients,” she said.

The Stroke Recovery Club will be launching the project on Thursday 7 July at Camden Hospital Heritage Auditorium.