

Mr B – 57 years old
Middle Cerebral Artery infarct

Head of Health and Safety and Emergency Planning at Bedford Council.
Returned to work after 5 months. Adjustments made to the role to compensate.
Retired several months later.
Hobbies = gardening, walking.
Very supportive wife and two grown up children.

What were you told what to expect about your six month review?

“I was told that a six month review would take place and that its purpose was to establish where I had got to during the six months and look at what I still needed help with, and identify some ways of helping with any issues.”

How were you supported to prepare for the review?

“Before the review I spoke to our Occupational Health team at work, particularly about the issues of returning to work. And I discussed with my wife how things had been going for her because she had a lot of support from the stroke team as well.”

How long did the review take?

“The review lasted about 15-20 minutes.”

Where was your review done?

“I was offered the choice of the review for a face-to-face meeting or doing it by telephone. And at the time I was happy to do it by telephone because I do a lot of negotiation over the phone anyway. But on reflection for something like that, that sensitive, it would have been better face-to-face. That would also have given the opportunity for my wife to be involved and for her to sort of gain benefit from the review.”

How did you feel during the review?

“During the review I felt quite happy with the process, I felt that I was getting something from it, and I also felt pleased that we were identifying issues. I did feel that it was a useful wind up following the discharge from the CST.”

What did you talk about during your review?

“During the review we spent a lot of time discussing outstanding issues that I’d got, particularly with RTW, which had happened recently, and I’d found very difficult and very tiring. So, even at that stage I think I gained some additional insight into the problem I was having going back to work. And we talked about outstanding physical issues such as ongoing problems with my left hand side, where I still hadn’t quite got feeling,

particularly in my left hand, especially for hot and cold, all I could feel was pain. And I wasn't always aware of quite where my left arm was. But we talked about that and the general consensus was that that would start to improve, which I felt happy about."

How did you feel after the review?

"I thought the review was useful and a benefit in terms of just rounding up on what the current position was and what could be expected in the future and what help could be available in the future. I'd just been through the challenge of going back to work and loss of confidence was a big issue for me and that had got a bit worse on returning to work. Without the review, all the work that the CST had done might have started to struggle a bit at that time."

How did the review help you?

I think the six month review really sort of gave me a bit more confidence in terms of where I was and that I could still go forwards and that it hadn't stopped. And that if I needed more support, it was there.