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Stroke patients
& Rehabilitation



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St Stephen Health Care in Paarl, Western Cape, opened in November 2014. The Centre is supported by a Sub-Acute hospital with 22 beds offering support for oncology care, palliative care, rehabilitation for stroke survivors and patients who need care after surgery. Our multi-disciplinary teams ensure compassionate care and comfort for our patients and their families.

A **Stroke** can affect anyone of us, but it is the support and guidance after the stroke, that makes a difference to your recovery. Most commonly, a stroke may cause muscle weakness, difficulty with talking, thinking or mobility. Your symptoms depend on which area of the brain was affected.

At St Stephen's we recognize stroke patient's individual needs and we are here to provide the best care that is personalized to their needs. Our multi-disciplinary team of professionals will guide and recommend the best possible rehabilitation for the patient. We encourage family participation and we view the family as our partner in the rehabilitation process. Our multi-disciplinary team will also assist you post discharge from the hospital to ensure continuum of care through ongoing rehabilitation to achieve optimum outcomes.

We have a state of the art rehabilitation gym where the team and patient are able to regain mobility and functionality through one-to-one personal attention and therapy in a relaxing environment.



Multidisciplinary team

Multidisciplinary care occurs when professionals from a range of disciplines with different but complementary skills, knowledge, and experience work together to deliver comprehensive health care aimed at providing the best possible outcome for the physical and psychosocial needs of our patient and their care providers. As patient needs may change with time, the composition of the team may also change to meet these needs. At St Stephen, a strong culture of multidisciplinary care is critical to improving the health care of our patients.

Rehabilitation is a treatment designed to facilitate recovery after a serious illness or surgery. It is aimed at enabling the patients to restore the physical, sensory, intellectual, psychological and social function. The goal of a rehabilitation program is to achieve the fastest possible recovery. This program assists the patient to return to normal life through therapy or training.

“Our greatest glory is not in never falling, but in getting up every time we fall.” - Confucius