

# Meet Theo

Theo is a resilient 58 year-old residing in his modified home in Adelaide.



And this is how we helped him build independence after his stroke.

# Life Takes a Turn

Theo's life took a significant turn when he suffered a stroke, leaving him with limited mobility, and difficulty in verbal communication.



## Restricted Movement



Theo faced challenges in moving freely and required 2:1 support.

## Setbacks

Despite making significant progress, he experienced setbacks, occasionally falling ill and needing additional assistance with personal care.



# Theo's Goals

Kindess took a person-centred approach to empower Theo to be at the centre of decision making and in choosing his supports. We listened to Theo, understood his limitations, and applauded his strengths. In doing so, we established the following goals.



To regain strength.



To improve mobility.



To enhance his ability to communicate effectively.



To improve his health and wellbeing

# Our Approach

Kindness took a comprehensive approach to Theo's care, assembling an experienced and dedicated team committed to long-term assistance.



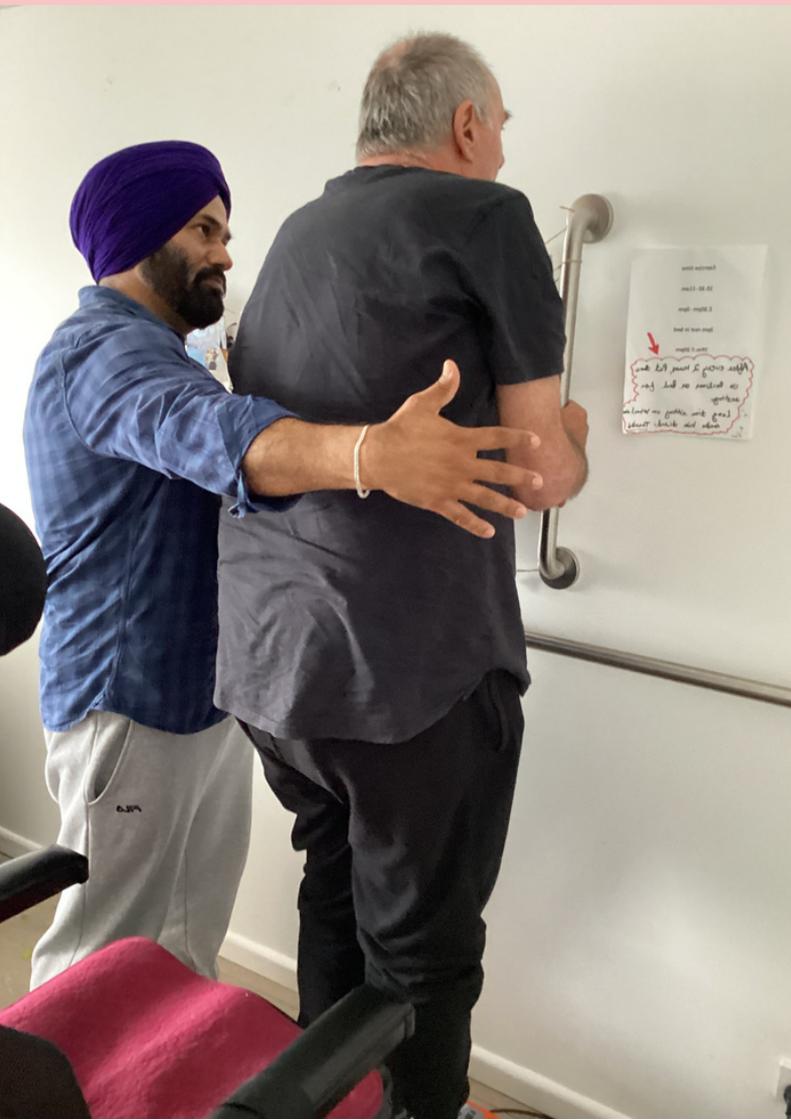
## Focusing on Recovery

Collaboration with allied health professionals was a key element, ensuring a holistic and tailored plan for Theo's recovery.

## Feedback

Regular feedback from Theo's family was actively sought, fostering a sense of support for both Theo and his loved ones.

The implementation of choice and control empowered Theo in his rehabilitation journey.



# The Outcome



With the dedicated team's assistance, Theo has successfully ventured into the community, engaging in activities he loves, such as golf and fishing.

Theo has made substantial progress in communication and strength.

Many of Theo's support team have been with him since he joined Kindess two years ago.

Interested to  
explore how  
we might  
help?



**Kindess**

**Call Us: 08 7092 0179**

**Web: [Kindess.com.au](http://Kindess.com.au)**