

Only One Life

My Experience of Stroke



Who Am I?

*My name is **Richard Raynor**. I am **34** years old.*

Education & Career

Studied at Bournemouth University
I have a degree in Accounting & Law

Work

Business Analyst
Key traits: Perfectionism, professionalism, dedicated and determined.

Socially

I am outgoing, adventurous and love learning and experiencing new things.
I love people and I really like to talk!

Who am I?

The day my life Changed

My Learning Curve

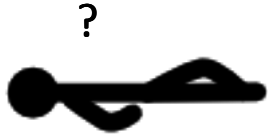
Speech Therapy & iPad

CNC

What's next?

Only One Life

The Day My Life Changed



I couldn't move..



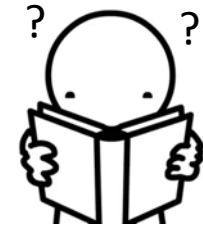
I couldn't understand

I couldn't focus
I couldn't focus
I couldn't focus
I couldn't focus
I couldn't focus

I couldn't focus



I couldn't speak..!



I couldn't read..!

In the hours to come, I was to find out I had suffered a stroke and would begin a new journey, in a life living with severe aphasia.

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Only One Life

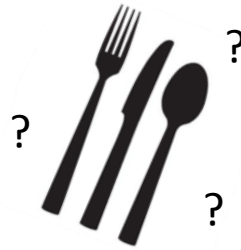
My Learning Curve

I looked at objects and could not remember how to use things or be certain what they were for...



Hospital Food

Unable to read, choosing my dinner was impossible!



Cutlery

I did not know how to use my cutlery.



Door handle

I could remember how to open a door.

I had to familiarise myself with the objects around me. Also, to learn to speak, read, write and process "spoken" words... again!

Who am I?

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Speech Therapy & iPad

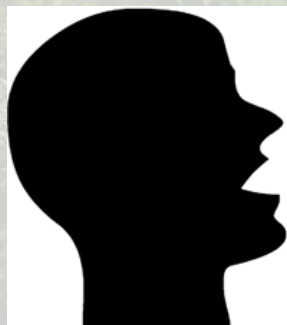
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What's next?

Speech Therapy & iPad

Inpatient

I was at the Oxford Centre for Enablement (OCE) for 3 months re-learning how to do basic tasks and speak again.



I had to start from the bottom, learning the sound of letters.

I also received good outpatient support. I often felt frustrated it was not enough, I wanted to get better quickly but realised it would take time and patience.

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Speech Therapy & iPad

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What's next?

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Speech Therapy & iPad

iPad & Technology

Technology has played a huge part in assisting my learning, progression and aiding my communication.



I'm now able to use voice recognition to help me text and email. It is not always perfect but we get some good laughs at the not so accurate voice translations!

Try this out: Say: "oops" into your iPhones voice recognition software....

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What's next?

Only One Life Cognitive Neuropsychology Centre

CNC

Having the opportunity to take part in the research at the CNC has helped my recovery a lot.

The staff and students have helped me understand more about my stroke and the brain. This has helped me to understand more about my ability to re-learn. They are also able to highlight my progress when I need it.

I have benefited from speech and language therapy through participating in research from some of the best people I have come across.

I have had the opportunity to meet others that have had a stroke and and be part of something brilliant. We will all benefit. Thank you CNC!

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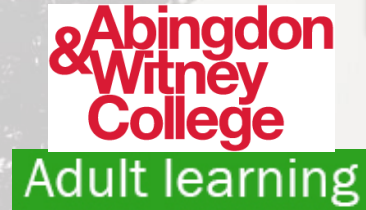
Speech Therapy & iPad

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What's next?

Only One Life

Okay, What's Next?



Speech & Language
Therapist

All of these organisations and my family and friends have been and continue to be a great support in my stroke recovery. They are all amazing. Thank you!!!

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What's next?

Only One Life: Living



Have a look: "richardraynorphotography.co.uk"