

# Q & A with a CSRT Members!

**Grace Benedict** is a RN on the Community Stroke Rehabilitation Team (CSRT). She has worked at HPHA since 1990 and has been part of the CSRT since inception in 2009.



**What made you enter your field of work?** I was always interested in being a nurse as I was growing up. When my grandfather was dying of metastatic bone cancer I had the opportunity to watch many amazing nurses care for and comfort him and knew that nursing was for me.

**What does a typical work day look like for you?** Most of my days involve home visits where I do a comprehensive nursing assessment and provide education about stroke and stroke prevention strategies including lifestyle and behavior changes to stroke survivors and their families.

**What do you love most about your job?** I really enjoy being part of a team that works cohesively to provide exemplary rehabilitation services in the community. It is very gratifying to watch a client achieve goals and make positive changes in their health.

**Tell us about your most gratifying experience working as part of the CSRT?** I think that would be during the past year working with our social worker Erin Bickell to make our dream of a peer visitor program become a reality and celebrate our one year anniversary. I am very proud of our peer volunteers and their contribution to the recovery of our stroke patients.

**What is one thing you wish patients/colleagues knew about you?** I have five wonderful grandchildren between the ages of 2 and 7 that make life very interesting and fun for me!

**What's something you do in your role that others would be surprised to learn about?** As the registered nurse on the team I have been fortunate to be a co-facilitator for our Moving Forward with Stroke Support Groups in Stratford and Goderich. I enjoy the opportunity to connect with our stroke clients and caregivers long after they have been discharged from the CSRT.

**Erin Bickell** is a Social Worker on the Community Stroke Rehabilitation Team (CSRT). She has worked at HPHA since 2009.



**What made you enter your field of work?** I entered the field of social work because I wanted to be an advocate for vulnerable populations and help other people.

**What does a typical work day look like for you?** My day involves traveling to patients' homes all over Huron and Perth counties. I provide counseling, caregiver support and connect people to community resources.

**What do you love most about your job?** My favourite part of my job is having the privilege to go into people's homes and hear their stories. I get to be a witness to people's stroke journey and resilience.

**Tell us about your most gratifying experience working as part of the CSRT?** There have been so many gratifying experiences working as part of this team. Once I assisted a client that was a veteran to access their disability pension and the person received over \$100,000!

**What is one thing you wish patients/colleagues knew about you?** Outside of work I am addicted to Crossfit! I am at the box every weekday morning at 6 a.m.

**What's something you do in your role that others would be surprised to learn about?** I work from a systems perspective when working with the person that has experienced a stroke which means their caregivers and family are included.