1

00:00:02,800 --> 00:00:05,640

I've always been a survivor.

2

00:00:05,640 --> 00:00:08,480

I've always been someone to push.

3

00:00:08,480 --> 00:00:11,600

No matter the odds, I decide.

4

00:00:11,600 --> 00:00:14,600

I wanted my legacy to be that you can fight

5

00:00:14,600 --> 00:00:18,560

and you can keep pushing no matter what

6

00:00:18,560 --> 00:00:20,800

crap comes your way.

7

00:00:21,280 --> 00:00:22,520

So, my name’s Lisa-Maree,

8

00:00:22,520 --> 00:00:24,520

I am 43 years old,

9

00:00:24,520 --> 00:00:28,560

and I live in Stillwater of Auckland

10

00:00:28,560 --> 00:00:31,640

on the very north of the North Shore.

11

00:00:32,640 --> 00:00:34,760

I had celebrated my 40th birthday.

12

00:00:34,760 --> 00:00:36,120

I was in Bali.

13

00:00:36,120 --> 00:00:40,920

I got engaged to my partner,

14

00:00:40,920 --> 00:00:42,800

which was a complete surprise to me.

15

00:00:42,800 --> 00:00:45,520

I was managing a salon

16

00:00:45,520 --> 00:00:47,200

and I loved it.

17

00:00:47,200 --> 00:00:49,800

I have a son who I raised

18

00:00:49,800 --> 00:00:50,760

on my own.

19

00:00:50,760 --> 00:00:53,120

So life was really great.

20

00:00:53,120 --> 00:00:57,920

I had an aneurysm burst in my brain and that caused a

21

00:00:57,920 --> 00:00:59,080

massive haemorrhage.

22

00:00:59,080 --> 00:01:01,720

I tried to get out of bed and I just

23

00:01:01,720 --> 00:01:03,120

collapsed on the floor.

24

00:01:03,120 --> 00:01:07,800

And then I was confused, disorientated.

25

00:01:07,800 --> 00:01:11,720

And so they had to do an emergency procedure.

26

00:01:11,720 --> 00:01:14,560

I'm very, very lucky to be alive.

27

00:01:14,560 --> 00:01:19,280

The stroke completely flipped my life upside on its head.

28

00:01:19,280 --> 00:01:22,280

All of a sudden, I had no control over my body.

29

00:01:22,280 --> 00:01:28,920

My brain had difficulty saying things and comprehending things.

30

00:01:28,920 --> 00:01:37,960

And I had to learn to talk, to walk all over again from scratch.

31

00:01:37,960 --> 00:01:43,640

The depression got so deep, and I just I didn't want

32

00:01:43,640 --> 00:01:45,480

to live anymore.

33

00:01:45,480 --> 00:01:48,480

I didn't want to keep waking up in the morning and knowing that

34

00:01:48,480 --> 00:01:56,200

it was just the same horrible existence that I had.

35

00:01:58,120 --> 00:02:01,120

We first met Lisa in May, a few months after she'd

36

00:02:01,120 --> 00:02:02,920

experienced a stroke.

37

00:02:02,920 --> 00:02:06,800

Myself and Monica, one of our community stroke advisers, went

38

00:02:06,800 --> 00:02:09,480

out and saw her in the home and first saw her when she was in

39

00:02:09,480 --> 00:02:11,680

that really intensive stage.

40

00:02:12,520 --> 00:02:14,920

It must have been so confronting in those early stages because

41

00:02:14,920 --> 00:02:16,200

there's so much going on.

42

00:02:16,200 --> 00:02:21,600

Once I started actually doing as I was told, things lightened up

43

00:02:21,600 --> 00:02:22,320

a little bit.

44

00:02:22,960 --> 00:02:26,640

So we were really there in those early stages to sit alongside her

45

00:02:26,640 --> 00:02:27,240

in the team.

46

00:02:27,240 --> 00:02:29,960

Really listen and find out about what was going to have the

47

00:02:29,960 --> 00:02:31,080

biggest impact for Lisa.

48

00:02:31,080 --> 00:02:34,080

What she really wanted, what her real goals were, which change

49

00:02:34,080 --> 00:02:35,800

all along the way.

50

00:02:35,800 --> 00:02:37,720

But just trying to get a sense of where we could have the most

51

00:02:37,720 --> 00:02:40,360

impact and support her in those early stages.

52

00:02:41,280 --> 00:02:46,280

I joined a stroke survivors group out West.

53

00:02:46,280 --> 00:02:49,280

Rachelle from the Stroke Foundation actually

54

00:02:49,280 --> 00:02:50,720

put me on to them.

55

00:02:50,720 --> 00:02:51,880

So that was amazing.

56

00:02:51,880 --> 00:02:53,600

I went there and they welcomed me

57

00:02:53,600 --> 00:02:55,040

with open arms.

58

00:02:55,040 --> 00:02:59,360

We have a Facebook group page and we meet every week.

59

00:02:59,360 --> 00:03:01,640

It was really uplifting.

60

00:03:01,640 --> 00:03:05,360

I started off with at home rehabilitation after the hospital,

61

00:03:05,360 --> 00:03:09,360

which is a community one, and then after that they told me

62

00:03:09,360 --> 00:03:12,120

about places like ABI.

63

00:03:12,120 --> 00:03:15,520

So it's all about brain injury, rehabilitation.

64

00:03:16,480 --> 00:03:19,480

And marching on the spot.

65

00:03:19,480 --> 00:03:21,400

Try and move your arms as well.

66

00:03:22,240 --> 00:03:24,720

If you have a stroke, you've got a weak side.

67

00:03:24,720 --> 00:03:28,880

So with the exercises we do, it's all about strengthening those

68

00:03:28,880 --> 00:03:34,560

thighs and your core so that if you fall, you can get your foot

69

00:03:34,560 --> 00:03:38,080

under yourself and you can pick yourself up.

70

00:03:38,080 --> 00:03:40,360

Now we'll just go on to the balance.

71

00:03:40,360 --> 00:03:43,360

So this is going to be for the muscles in your lower leg and for

72

00:03:43,360 --> 00:03:44,840

your balance.

73

00:03:44,840 --> 00:03:47,840

Alright so you're going to come up on your toes and lift your arm

74

00:03:47,840 --> 00:03:50,840

up and balance.

75

00:03:50,840 --> 00:03:53,000

No swearing.

76

00:03:55,920 --> 00:03:59,720

I first connected with Lisa through the Stroke Foundation.

77

00:03:59,720 --> 00:04:02,680

They linked us up with Lisa, said she was very determined to

78

00:04:02,680 --> 00:04:04,240

get into work.

79

00:04:04,240 --> 00:04:08,200

She talked a lot about her experience in hairdressing and her

80

00:04:08,200 --> 00:04:11,200

journey, and she was very open with me from

81

00:04:11,200 --> 00:04:11,920

the beginning.

82

00:04:11,920 --> 00:04:15,040

So, Lisa, what does work mean to you?

83

00:04:15,040 --> 00:04:17,560

Working, paying your own bills.

84

00:04:17,560 --> 00:04:19,800

Finding your own place.

85

00:04:19,800 --> 00:04:23,240

And being able to have the means to support yourself is very

86

00:04:23,240 --> 00:04:24,160

important.

87

00:04:24,880 --> 00:04:28,800

She talked me through coming to that realization that based on

88

00:04:28,800 --> 00:04:31,800

her condition and where she was at physically, hairdressing was

89

00:04:31,800 --> 00:04:35,360

something that she wasn't going to be able to fall back into

90

00:04:35,360 --> 00:04:36,080

straight away.

91

00:04:36,080 --> 00:04:38,160

And that was something that she really had to come to

92

00:04:38,160 --> 00:04:38,880

terms with.

93

00:04:38,880 --> 00:04:41,880

And she talked me through the grief, I suppose,

94

00:04:41,880 --> 00:04:45,320

of losing that part of herself.

95

00:04:45,320 --> 00:04:49,080

It was all about tapping into her amazing personality and

96

00:04:49,080 --> 00:04:53,000

determination to work for herself and be independent.

97

00:04:54,720 --> 00:04:59,120

I work at Westfield in Albany Mall and I am a customer service

98

00:04:59,120 --> 00:05:00,600

representative.

99

00:05:00,600 --> 00:05:03,600

I think I did a big dance around when I when I finally

100

00:05:03,600 --> 00:05:05,680

got that job.

101

00:05:05,680 --> 00:05:09,080

For me, I love helping people.

102

00:05:10,200 --> 00:05:11,560

Right, are you ready?

103

00:05:11,560 --> 00:05:12,480

Ok.

104

00:05:12,480 --> 00:05:13,960

Dry shampoo.

105

00:05:13,960 --> 00:05:15,600

Good.

106

00:05:15,600 --> 00:05:17,120

Hold it.

107

00:05:17,120 --> 00:05:18,160

Take the top off.

108

00:05:18,160 --> 00:05:20,160

I’ve not been able to hold that before.

109

00:05:20,160 --> 00:05:21,760

Take the top off.

110

00:05:21,760 --> 00:05:22,960

Woo hoo!

111

00:05:22,960 --> 00:05:23,800

Shake, shake, shake.

112

00:05:24,920 --> 00:05:29,240

For my future, I am still working on my hand.

113

00:05:29,240 --> 00:05:31,680

That is still my ultimate goal.

114

00:05:31,680 --> 00:05:33,840

Getting back to doing what I love, what I'm passionate

115

00:05:33,840 --> 00:05:36,200

about – hair.

116

00:05:36,200 --> 00:05:38,480

I’d love to be doing hair again.

117

00:05:38,880 --> 00:05:41,760

And so I bought you a little present.

118

00:05:41,760 --> 00:05:44,760

Just so you still feel part of our team at

119

00:05:44,760 --> 00:05:46,520

HairNow on Apollo.

120

00:05:46,520 --> 00:05:49,080

I'm going to get there, I’m going to get there!

121

00:05:49,080 --> 00:05:49,680

Don't worry.

122

00:05:49,680 --> 00:05:50,760

I'll get there.

123

00:05:50,760 --> 00:05:53,080

I've now got my own place.

124

00:05:53,080 --> 00:05:54,600

I'm working.

125

00:05:54,600 --> 00:05:55,960

I'm happy.

126

00:05:55,960 --> 00:05:57,960

But I'm living, I'm living.

127

00:05:57,960 --> 00:06:03,520

I have a second chance at life and I'm not going to look back.

128

00:06:03,520 --> 00:06:06,200

As my mum said, if you look back, you're only going to get a stiff

129

00:06:06,200 --> 00:06:09,000

neck so keep going forward.