

My mother had a stroke on February 11 2013 and ten months after her stroke she exhibited enough signs for the family to want to engage her in more mental activity. Thanks for the facility where my mother lives, we were put in touch with a wonderful organisation called RecreationalRespite. No sooner had we heard of their name and exchanged brief introductory emails when we connected over the phone.....things just took off from there.

A few minutes into my initial conversation with Amy and I was convinced that they offered exactly the kind of services my mother needed to help with her recovery and rehab. From that conversation, to my meeting with their facilitator to the program instituted by the Recreational Therapist (Sheelah Rodrigues) working with mom, I continue to remain impressed. For starters, everyone named above was more than willing to accommodate my schedule. They delivered a consistent message and have taken the time to get to know my mother. The programme that Sheelah has fashioned for my mother is creative, engaging and interactive. My mother dictates the pace and Sheelah has found ways to keep my other engaged without taxing her strength or capabilities. I have seen them interact and her enthusiasm, constant encouragement and sunny disposition are a wonderful pick me up for mom.

We receive follow up notes from every session and we can tell the difference RecreationalRespite has made in my mother's days. Mom's level of responsiveness, her confidence, her non-verbal communication, her motor strength and skills have shown a marked improvement in the two months that Sheelah has been working with mom. Trapped inside my mother's body is a spirit that RecreationalRespite - through their programme, their caring and committed belief in the dignity of the individual and their empathy – have set free. I bless the day we were told about them!