

An Interview with Lisa Tardiff

We sat down and had a conversation with Lisa who is a consumer of our services at our Scarborough site and wanted to discuss the importance of coming to MDC and how she has benefited from it.

When I started originally, I was in the greenhouse which I enjoyed. My doctor wanted me to have therapy and move around more because of my circulation. I had Cellulitis three times and hospitalized each time. So I moved to the AHEAD

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I program in Scarborough where therapy is offered there on a regular basis. I started off slow working on my muscles not used for a long time. I used my walker on more of a regular basis and eventually said "good bye" to my wheelchair of the past. I use a walker with a brake system now and am currently practicing with crutches, going up stairs. I was in my chair since I was seven, I am 40 years old now.

I like MDC program because we learn something new everyday. We work on goals, budgeting, exercise and cooking. I enjoy working on the goals the most, because I didn't have as much one-to-one time and encouragement in high school.

It's a change because if I couldn't come to program I'd be still stuck in my wheelchair. I would not be able to move around as much. When I first started out I would use my walker only when I was asked to, now I just use it all the time.

