

The amazing life of Adam Mate - Brain aneurysm and stroke survivor

Adam Mate

Stroke Association, Australia

Copyright: 2021 Mate A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Abstract

Adam is a 43 year old brain aneurysm and stroke survivor and father of one. At the age of 11 he suffered a severe stroke and brain aneurysm. He went from being a popular, energetic student who was doing extremely well in school, to a comatose, brain damaged, quadriplegic given less than 20 percent chance of survival. His family were told to prepare for the worst and medical staff were reticent to give them any hope for the future. After five and a half months in a coma he defied medical odds to wake from the coma and into a new world. He had to learn every life skill again, from walking, talking and eating to understanding who his family were. Prior to the stroke Adam was a keen skier. Medical professionals were, and still are, amazed that he can now snow ski without any impediment or disability. He suffers from Dystonia but finds that skiing relaxes his muscles and frees his body. Skiing was key to his recovery and confidence. Adam is a disability advocate who wants to make a positive mark on the world by sharing his story of survival, rehabilitation and achievement.

Biography:

Adam completed a Bachelor of Applied Science (Intellectual Disability) at the age of 24 years from RMIT University, Bundoora Campus and a Diploma of Occupational Health and Safety at Swinburne University, Hawthorn Campus. He also has a qualification in Training and Assessment, is an active ambassador for the Stroke Foundation of Australia. Adam is a Motivational Speaker who works in the field of Disability Support and is an Adaptive Ski Coach for the Disabled Winter Sports Association (DWA).