

Case Study Mrs H

Mrs H who is 100 years of age has a medical history of chronic kidney disease stage 3, rheumatoid arthritis, osteoporosis and hypertension.

Mrs H lives alone in her own bungalow and has had four falls recorded in the past six months, fourth fall resulted in fractured femur and admission into Countess of Chester Hospital, Mrs H attended theatre for right femoral nailing.

Following surgery mobility was reduced with partial weight bearing with a wheeled frame and she was transferred to Deeside Hospital for rehab. Hospital Social Work Team completed assessment and identified Reablement intervention. Due to Mrs H being in hospital for a long period of time (ten weeks), four calls a day requested to regain skills and confidence with personal care, meal preparation tasks and to re-establish her routines.

Reablement services started.

Mobility prior to admission: used no walking aid within her home and was discharged home with a frame and a kitchen trolley.

Services monitored and Mrs H progressed well with her lunch and evening routines and tailored support. Calls reduced from four to two. Mrs H was only using her kitchen trolley within her home as felt the frame was too big and benefited from being able to transfer items.

Telecare equipment identified and fitted: intelli link alarm, smoke detectors and key safe.

Identified Reablement OT as prior to admission Mrs H was stepping into her bath to have a wash but since her fall felt could no longer manage to bathe.

Tea call tailored and only morning call continued as OT completed assessment and provided bath lift and staff to continue practicing with bath lift.

Review completed as Mrs H independently using bath lift and feels confident and is completing all her daily living activities. Agreed to end services as care plan objectives achieved.

Mrs H now returned back to her routine, she has supportive granddaughter who visits twice a week, has a hair dresser once a week and a cleaner every other week.

Advised of private agencies if felt the need for a pop in call but Mrs H feels that she currently does not require it. Informed of Age Connects services and Library Home Services.

Provided First Contact number for when Mrs H feels ready to return to her routine on a Tuesday, when we can assess for going shopping into Buckley precinct to rebuild confidence with outdoor mobility.

Mrs H stated that "I have been very happy with the service and all are very nice, it has been excellent".

Granddaughter stated "Flintshire Social Services have been very good I must say".

Comments from other services users following reablement services

"Thank you so much for all your help and support you have been fantastic and have made a difference to my life"

"We would like to express our gratitude for the whole "package" which has been provided. Public services today come in for plenty of "blanket" criticism, but we would like you to know that we have been amazed at the support we have all received"