

Case Study – Mr X

Background

The Housing Occupational Therapist (O.T.) was approached by Mr X's Social Worker in April 2014. The O.T. was informed that Mr X, a 45 year old man, was diagnosed with a progressive form of Multiple Sclerosis in 2002. Mr X was living with his mother in her two storey property, he was bed bound residing in his small bedroom on the first floor of the property. When assessed by the O.T. Mr X had no weight bearing ability and was unable to use his right upper limb, he had some limited use of his left upper limb enabling him to operate a computer using a mouse.

Although the property had previously been adapted with a stairlift, the progressive nature of his condition meant that Mr X was unable to mobilise to the stairlift and lacked the stability to sit safely on the stairlift; consequently Mr X had not left his bedroom for 3 years and had been unable to attend medical appointments.

Whilst it was feasible to further adapt the property, Mr X's mother was unwilling to agree to adaptations and refused equipment to maximise his independence.

Mr X had a formal care package, receiving three visits a day, he was also reliant on assistance from his mother with personal care and toileting. Unfortunately his Mother was also experiencing failing health and struggling to cope with his care needs, she had previously been admitted to hospital and had refused for the carers to attend to Mr X whilst she was not in the home, resulting in a stay in residential care; consequently there were tensions in the relationship between Mr X and his mother. Mr X's Social Worker was concerned regarding the impact his home environment was having on his physical and mental wellbeing.

Furthermore, Mr X had been liaising with the Affordable Housing Officer regarding privately purchasing a purpose built property. Whilst Mr X was keen to progress with this option, he was aware that this would take time and he felt vulnerable living under the control of his mother. The O.T. was asked to create the specification for the new build, ensuring that the property would be suitably designed to meet Mr X's long term needs. The O.T. was also asked to look at temporary housing until the new build property would be complete.

Re-housing

The Housing O.T. was informed regarding a ground floor partially adapted flat situated 2 miles from Mr X. Upon inspection, the O.T. felt that, with some minor adaptations, the flat would meet Mr X's short term needs. Whilst Mr X was apprehensive he agreed to move into the property and was able to purchase new furniture, carpets and blinds over the internet. The provision of a ramp and ceiling track hoist was arranged. A telecare system and keysafe were also installed. Mr X was also provided with a posture chair and shower chair. Additional Locks were fitted onto the window to appease Mr X's concerns regarding safety.

With assistance of the Moving and Handling Specialist O.T. Mr X was moved from his mother's house to his new flat. By the end of the day Mr X declared "I'm happy, I've made the right decision".

Independent Living

The provision of a key safe enables carers access into the property. Carers visit four times a day to provide the care Mr X requires. Mr X has access to a telecare alarm and can raise the alarm at any time. A ceiling track hoist has been fitted in the bedroom and living room which enables him to sit in his chair in either the bedroom or living room. Mr X is also hoisted onto the shower chair and showered in the bathroom. Mr X is able to attend to medical appointments and has now been assessed for an electrical wheelchair.

The Future

The OT recommendation for the new build property was issued to a Housing Association and they have been liaising with Mr X regarding the build. In addition to ceiling track hoists, widened doorways and fully adapted bathroom the recommendation includes a complete environmental control unit and door release entry system to maximise Mr X's independence. Mr X has been issued with plans and a copy of the design of the bungalow, when he was told that the building work would start in March 2015 and the bungalow would be ready by December 2015 he was delighted and exclaimed "I didn't think it would happen, I'm really excited".