

**CASE STUDY****Reablement intervention**

Client Name:	S
Age	85
Referred by:	Was referred by
Location: (e.g. hospital, ICB, CCB, Community etc.)	Staff nurse ward 7 WGH for reablement intervention
Medical History:	<p>S collapsed in the shower at home and was admitted to hospital in November. The cause of the collapse was diagnosed as postural hypertension</p> <p>While in hospital she developed covid 19 and was unwell requiring oxygen. Recovery has taken time to increase stamina and strength.</p>
Social history	S lives alone in her own bungalow. Prior to admission was managing all personal and domestic tasks of daily living independently including driving
Date Referral received:	22/12/2020
Date Reablement started:	<p>13/01/2021</p> <p>S was transferred to Martello House for ongoing rehab prior to returning home where she was seen by both ICT physio and support worker and reablement OT.</p> <p>Whilst at Martello S was able to increase her stamina and her functional abilities to return home with reablement support continuing at home.</p>
Mobility: (indoor and outdoor)	S is mobilising with a rollator within the property, she has been prevented from progressing to a stick due to ongoing chronic hip pain and feels more confident with the rollator.
Transfer/ Step/ Stairs:	<p>S is now transferring independently including the shower. A shower seat has been issued for safety and independence in showering. S was initially anxious about using the shower due to her previous fall however with the supply of equipment and assistance initially and then supervision she was able to regain her independence.</p> <p>Toilet equipment has also been provided to reduce hip pain on sit to stand</p>

Self-Care/ Continence:	S is now independent in self care tasks and is continent
Kitchen tasks/ Home care:	S is now independent in all kitchen tasks. Initially on returning home S had not had the opportunity to practice kitchen tasks and so support was given for this to help S get into a routine and plan meals that would be easy for her to manage  Family visit to assist with cleaning
Cognition:	No cognitive problems noted
Medication Management:	Independent

Hours received on starting Reablement:	8.75 2 calls per day
Hours received on ending Reablement:	5.25 1 call per day received Reablement for 23 days  Although Sybil progressed well she had problems with hip pain and on occasion needed more support. She also was unwell after her covid jab however as her stamina increased she regained her independence
Discharged with no on-going care needs:	√
Referral for long term care completed:	
Referral made to other services:	Receiving ongoing physio