

Bite Sized Professional Development

Stepping back from stepping in

Session title

Why and What of Reablement

Case scenario 1

Bob is 85 years old and lives with his wife Elaine who he has been married to for 65 years. They have 3 children who live overseas and maintain contact via telephone. Elaine misses her grandchildren very much although she has many photos of them around their home.

Bob experiences osteoarthritis and Paget's disease of the bone. He identifies pain in his lower spine and reduced mobility as his biggest limitation to daily life.

Bob has always led an active life and does not like to spend long periods indoors. He tends to the couple's shopping and other errands as he enjoys driving and speaking to staff at his local shops.

He reluctantly admits shopping is becoming increasingly difficult and he needs to take additional pain relief on the days he goes shopping. Bob and Elaine's children want to start ordering groceries online to be delivered. Bob and Elaine do not have a computer and are not interested in learning how to use the internet but are worried their children won't know their brand preferences if they shop on their behalf. One of their daughters has suggested getting a carer to go for them.

Elaine has been assisting Bob to dress his lower half for quite some time and they are happy with this arrangement. Elaine is going for knee surgery next month and has been advised she will not be permitted to kneel while she recovers. Bob is concerned he will not be able to get himself dressed or leave the house during this time.

Bob has a helping hand next to his chair in the living room he uses to pick items up off the floor.

hat could you do in your role to maximise Bob's independence?	