Keep Able

Bite Sized Professional Development

Stepping back from stepping in

Session title

Why and What of Reablement

Case scenario 2

Jean is 75 years old and lives in a granny flat at the back of her daughter Molly's property. Jean describes herself as a 'home bird' and likes to spend her days at home. She is well presented and takes pride in having a clean and tidy home.

Jean reports good general health but has difficulty maintaining her high standard of housekeeping due to osteoarthritis in her knees and hips. Jean has experienced one fall at home and is fearful of future falls.

More recently she has been relying on her daughter to assist with some cleaning tasks. Jean's daughter is finding this increasingly stressful as she works full time, has her own home to clean, and looks after her young grandchild on the weekends.

Jean and her daughter believe having a support worker every fortnight for domestic assistance would benefit them both. Jean likes routine and likes to write on her calendar when her daughter is going to come and help her with certain tasks. Her daughter is very busy and feels a support worker will help reduce the pressure her mother puts on her to do tasks on a certain day.

Jean is currently relying on her daughter to mop her floors and clean her shower cubicle.

What could you do in your role to maximise Jean's independence?

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