

# Support Planning and Delivering Reablement – Part 2

### **Mrs B. Client Scenario for My Aged Care Assessor**

Mrs B. has been referred to your organisation for an assessment following a stay in hospital for a chest infection. Mrs B. lives with a chronic lung condition and the recent infection caused her anxiety about her ability to continue to live independently. She has recently been experiencing shortness of breath when attempting to complete her domestic tasks.

While in hospital Mrs B. was taught breathing techniques to help manage her anxiety and is also on oral medication for this as well as inhalers for her lung condition.

Mrs B. lives alone, she has a daughter and two grandchildren with limited contact. Prior to her retirement Mrs B. worked in retail and office administration. She has limited social support contacts and used to enjoy swimming but no longer does this activity. Mrs B. spends much of her time looking after her 3 birds and has a neighbour who helps her when she needs it.

During the assessment Mrs B. was observed transferring independently on and off the chair and the toilet and in and out of the shower recess. She can mobilise independently inside and outside of the home and can access the community via driving her vehicle, visiting her local shops frequently to purchase small amounts at a time. Due to her breathlessness, she can feel anxious, especially when going to places she is not familiar with, which stops her socialising. Mrs B. says she takes her time to dress herself and can manage her medications independently.

She also said she is concerned about her ability to complete her domestic tasks because it causes shortness of breath and makes her feel very tired, this includes carrying her washing out to the clothesline and hanging the sheets and towels on the line.