

# Support Planning and Delivering Reablement – Part 2

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

Mrs D. has been referred to your organisation for an assessment, over the last few years it has become increasingly difficult for her to cut vegetables and continue to prepare nutritious meals.

During the assessment Mrs D. identified she is having difficulty preparing her evening meals due to ongoing pain in her shoulder and increasing issues with her balance. Mrs D. lives with osteoarthritis and experiences pain in her shoulder, legs and feet, which makes it difficult for her to stand for lengthy periods to prepare vegetables for her evening meals.

Mrs D. has lived alone since her husband passed away seven years ago. She has two sons and three grandsons who keep in regular contact by phone and visiting. Mrs D. enjoys swimming twice a week and meets with friends on a regular basis.

Mrs D. is independent with most daily activities including showering, dressing, laundry, mobilising in the home and within the community including completing her shopping, managing medications and finances. She receives assistance with heavier household tasks twice a month from a CHSP service provider.

In the past she has bought pre-prepared meals from the supermarket but does not like these and has tried using prepared vegetables and salads, but they have not met her expectations.