

Support Planning and Delivering Reablement – Part 2

Mr. S. Client Scenario – Service Provider Co-ordinator

Introduction

Mr S. has been referred to your organisation to support him using public transport to visit his friend who lives 80 kms south of where he lives. When he was able to drive, he visited his friend fortnightly, and he would like to be able to recommence this social activity.

Situation

Mr S. stopped driving his car approximately 8 months ago after a minor accident and some near misses. His confidence levels and responses to changes to the traffic had lessened over several years and he thought it would be better to stop all together before a more serious accident occurred.

Since Mr S. has stopped driving, he has relied on neighbours to access the local shops and medical appointments but is very keen to visit his lifelong friend on a regular basis again. He stated his life has changed, as giving up his driver's license has had a big impact on his ability to socialise and undertake activities like shopping when he wants to, saying he misses the independence he used to have when driving.

Background

Mr S. lives alone in his unit. He has two children, a daughter who lives in Victoria and a son who lives in southwest WA. He is in regular phone contact with both and in the past has visited and stayed with his son and family. His daughter tries to get home once a year for a visit.

Mr S. is a collector of rare coins and over the years has become friends with several collectors, they continue to meet up every month or so, he says he is lucky in that one of them assists him with transport to wherever they are meeting. Mr S. has a childhood friend, Tom, whom he keeps in regular contact and prior to him stopping driving used to travel approximately 80Kms south fortnightly and they had lunch together. His friend is not able to drive to visit him and they have only managed one catch up once in the last 8 months, when his son was able to drive him down for a visit. Mr S. does not use public transport and said he wouldn't know where to start to catch a bus or train, he made the comment "I'd probably end up in the North if I tried to catch a bus South!".

Assessment

Mr S. was observed mobilising independently around his home, he is able to transfer from sitting in a dining chair to standing position easily, although, he said he finds it a little harder from the lounge chair but manages. He did state that he uses a walking stick when out in the community, which helps him to feel more balanced as he tires when walking greater distances.

Mr S. is independent with his personal care tasks, meal preparation and domestic tasks. He relies on neighbours for transport to the local shops for his weekly food shop and to see his GP. His unit has a courtyard with a variety of potted plants which Mr S. maintains, and the front lawn is cut through his unit complex management organisation.

Recommendations

After a discussion with Mr S. he has agreed to be referred for support to research options and build confidence to catch public transport to visit his friend in Mandurah on a regular basis. Mr S. has been provided information regarding a local strength and balance exercise class.