

# Support Planning and Delivering Reablement – Part 2

## Mrs D. Client Scenario for Service Provider

### Introduction

Mrs D. has been referred to your organisation for assistance with her meal preparation, over the last few years it has become increasingly difficult for her to cut up vegetables and continue to prepare nutritious meals. Mrs D. was seeking a referral for delivered meals but after a discussion with RAS assessor has agreed to a period of reablement to assist her to reignite her desire to prepare her own meals.

### Situation

NSAF documentation identifies Mrs D. is having difficulty preparing her evening meals due to ongoing pain in her shoulder and increasing issues with her balance. Mrs D. has osteoarthritis and experiences pain in her shoulder, legs and feet. This has impacted on her ability to stand for lengthy periods to prepare vegetables for her evening meals. Mrs D. takes regular medication to manage her pain.

### Background

Mrs D. lives alone in the family home after 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.

### Assessment

NSAF documentation identifies 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.

Mrs D. identified she finds it difficult to stand for lengthy periods of time while preparing her evening meals and can no longer cut up vegetables. 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.

### Recommendations

- Occupational therapist to assess Mrs D's kitchen set up and utensils to ensure her kitchen environment and meal preparation tools are the most appropriate to support her abilities.
- Support staff to assist Mrs D. twice per week for approximately four weeks to encourage utilisation of recommended kitchen utensils and revised kitchen environment. Encourage planning, cooking and freezing of additional meals to provide Mrs D. a break from having to prepare meals every day, therefore, resting her painful joints.