

## Stepping back from stepping in

Session title

# Support Planning and Delivering Reablement – Part 2

### Mr G – Client Scenario for Service Provider

#### Introduction

Mr. G has been referred to your organisation for support with his personal care tasks with the aim to becoming independent in these activities.

#### Situation

NSAF documentation identifies Mr. G has recently been hospitalised following a fall in his backyard. As an outcome of the fall, he sustained a sprained left wrist and tissue damage to his left shoulder with a wound on the back of his head which has since healed. The fall has impacted on Mr. G's confidence when mobilising both inside and outside of his home.

#### Background

Mr. G has lived alone in the family home since the passing of his wife 10 years ago. He has two daughters who are in regular contact but only available to support Mr. G occasionally. He enjoys maintaining his garden and is a keen lawn bowler. He states he has a good bunch of friends and neighbours who he has regular contact with and is keen to get back to enjoying these pastimes.

Mr. G worked for many years on a farm in the Wheatbelt until retirement age and he and his wife decided to move to the metropolitan area to be closer to their daughters.

#### Assessment

Prior to his fall Mr. G. managed all his daily activities independently. He ceased driving 12 months ago and accesses places outside of his home either by walking or he has friends who pick him up to attend the bowling club.

During the RAS assessment Mr. G was observed mobilising through his home using a 4 wheeled walker, which was provided on discharge from the hospital. He was very cautious when stepping over the shower hob while holding on to a wall rail that was already in place. When observed standing up from a shower chair he rocked back and forth to gain momentum and grimaced at the pull being placed on his injured shoulder.

Mr. G stated before his fall he was able to stand up and sit without any issues.

#### Recommendations

- Support Mr. G with regaining his independence in showering and other personal care activities.
- Mr G. agreed to use a long-handled sponge and to trial a sock applicator to assist with his personal care.
- At the time of the RAS assessment Mr. G declined a referral for physiotherapy to improve his mobility.