

## Stepping back from stepping in

Session title

# Support Planning and Delivering Reablement – Part 2

### Mrs E. Client Scenario for Service Provider

#### Introduction

Mrs E has been referred to your organisation for in home respite with the aim of encouraging her to return to her gardening pastime and provide Mr E. with a break from his caring role.

#### Situation

NSAF documentation identifies Mrs E has recently been diagnosed with dementia which is impacting on her ability to initiate daily activities she once was keen to partake in, such as gardening. She also has a history of osteoarthritis in her knees which at times has caused pain, especially after spending time in the garden.

#### Background

Mrs E. lives with her husband in a townhouse which has a large courtyard garden where Mrs. E until the last six months used to spend much of her time. The recent diagnosis of dementia has caused concern for Mr E. as he has noticed over the last several months Mrs E decreasing interest in her garden and pot plants and is finding it difficult to manage both the domestic and garden chores.

He stated that Mrs E. had been complaining of painful knees and thought this was why she had stopped her upkeep of the garden until he noticed it was happening with other domestic tasks around the home which she had always carried out. Mrs E. does not have insight into her memory loss although she does comment on how the garden has become unkept.

Mr and Mrs E. have 2 children who live nearby and are very supportive but do not always have the time to assist as they have their own families. Mr E. thinks with some modifications to the garden and encouragement that Mrs E would regain her interest, assisting with making the tasks Mr E. needs to complete more manageable.

#### Assessment

Mrs E. was observed walking inside and outside of her home independently and was keen to show the assessor the garden and pot plants, although, made a comment she needed to get out there again to tidy it up but had been too busy. When observed standing from a sitting position it was with effort and Mrs E. made a groaning noise during this process.

Mrs E. was able to communicate and answer some of the questions asked but relied on her husband to answer queries relating to completing daily activities such as the cooking and cleaning.

#### Recommendations

- During respite service assist Mrs E. to rearrange courtyard pot plants so Mrs E can better access the garden beds and provide visual prompts to initiate her ongoing involvement with their upkeep.
- Provide respite for Mr E to conduct errands in the community and provide a break from his caring role
- Mr E. to follow up with Mrs E.'s GP for review of pain management
- In consultation with Mr E. encourage Mrs E. to complete domestic tasks
- Information provided to Mr E. relating to Carer's Gateway and resources available through Dementia Australia

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