

Introducing LifeCurve™

Case scenario 1

Imelda is an 85yo lady living independently in her own home. Her husband died 5 years ago. She stays busy by going out for coffee dates with friends, visiting her family, and regularly playing 9 holes of golf.

Recently, Imelda was very sick with the flu. She had to stay in bed for a week and could not do her usual activities for another 2 weeks. Now, Imelda wants to get back to doing the things she loves.

However, activities she usually took for granted, like grocery shopping, are now exhausting. She has reluctantly had to ask her daughter, Emma, for help.

Emma is wondering if she should also help Imelda with other tasks around the house? She is 85 years old, after all...

Working in groups of 2-3, discuss the following questions:

Where did Imelda rate on the vertical axis of the LifeCurve™ before she got sick? Where does she rate now?

Before getting sick, Imelda played golf regularly. She would walk at least 1.5km for this activity, so Imelda was functioning above the red dotted line. Imelda is now having difficulty with shopping, so her functional abilities have dropped below the red dotted line.

Do you think Imelda has potential to move back up the vertical axis? That is, would she benefit from reablement? Why or why not?

Imelda **definitely** has potential to move back up the vertical axis. The sickness has probably caused some weakness and decline in fitness. However, her prior good health and fitness make Imelda a good candidate for improvement. A period of reablement could improve Imelda's strength, fitness, and confidence so she can enjoy her previous lifestyle again.

Why did Imelda's function decline? Was it due to an incident or age-related functional decline?

Imelda's functional decline was due to an acute illness, not normal age-related decline. Because of this, she has had a rapid change in function, not a slow decline that would be associated with normal age-related changes.

Should Emma start doing more for Imelda because Imelda is 85yo? Why or why not?

Emma should not make decisions about help for Imelda, based on her **age**. Emma should talk to Imelda about how she can support Imelda's return to independence. Emma could encourage Imelda to continue doing the tasks she is able to do. Emma could provide short-term support for shopping or other difficult tasks while Imelda works on her recovery. Ideally, Imelda will soon resume all her previous activities.

For more resources and support on wellness and reablement, visit: [keepable.com.au](https://www.Keepable.com.au)