

## Introducing LifeCurve™

### Case scenario 2

Tom is an 80yo man. For the past 5 years, he and his wife, Janine, have lived with their daughter, son-in-law, and grandchildren. His daughter was concerned about them getting older and wanted to look after them.

Tom has a loving home life and doesn't leave the house much. He used to have a small vegetable patch, go to Men's Shed, and enjoy regular drives. Since losing his licence, he doesn't go out much, and his daughter doesn't like him to go into the garden in case he falls.

He loves to watch sports on TV and spends time on the computer following world news. All the household tasks are done by Janine and the younger family members.

Lately, Tom has had difficulty getting out of his favourite chair. The family is concerned because Janine recently hurt her back trying to assist him in standing up from a chair.

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

**Where does Tom rate on the vertical axis of the LifeCurve™?**

Tom is having difficulty transferring from a chair. He is positioned between the Compensation and Care indicators on the LifeCurve™.

**Do you think Tom has potential to move higher on the vertical axis? That is, would he benefit from reablement? Why or why not?**

Tom has the potential to move higher on the vertical axis of the LifeCurve™. His situation has deteriorated because he stopped doing many activities that kept him strong and active. A period of reablement would help him build fitness and strength (even though the ideal window for reablement was missed).

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

Tom has experienced age-related functional decline, likely represented by the purple curve on the LifeCurve™. Withdrawing from everyday activities causes a person to decline faster.

**What lifestyle factors will influence his situation and potential to recover?**

Factors that could influence Tom's recovery could include:

- Tom understanding that lifestyle factors can influence his ageing journey
- Tom's family, who will ideally encourage him to be active in a variety of everyday activities and not be overprotective
- Support from a home care team that understands the value of 'doing with' not 'doing for' to help him restore his abilities.

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