

Support Planning and Delivering Reablement – Part 2

Mrs B. Client Scenario for Service Provider

Introduction

Mrs B. was assessed for support to complete her domestic tasks and access a social group within her community.

Situation

Mrs B. lives with a chronic lung condition and has recently been hospitalised for a chest infection. The infection has impacted on her confidence to remain living independently causing her to feel anxious about her future. She has also been experiencing shortness of breath when attempting to do her household tasks. Mrs. B was seen by a physiotherapist while in hospital and shown breathing techniques to assist her to improve her lung capacity.

Background

Mrs B. lives alone, she has a daughter and two grandchildren but has limited contact with them. She used to swim regularly with a group but has now stopped and spends much of her time caring for her 3 birds, she has a neighbour who helped when in hospital.

Assessment

Mrs. B. was observed mobilising independently around her home, she can transfer from a chair, in and out of the shower recess and on and off the toilet without assistance.

She still drives but only to familiar places as she becomes anxious and breathless when travelling outside of her community.

Mrs. B. currently manages her shopping by doing it regularly for small amounts, she is independent with her meals and medications.

She feels tired and breathless after completing domestic tasks and is finding carrying and hanging her heavier washing items on the clothesline and vacuuming difficult.

Recommendations

- Practice breathing techniques provided by physiotherapist at the hospital.
- Mrs. B. has been shown and agreed to implement energy saving techniques when completing her domestic tasks.
- Laundry trolley on wheels has been recommended to assist carrying of heavier items.
- Lowering of clothesline to assist with hanging out of heavier items, Mrs B. has suggested her neighbour may be able to assist with this task.
- Relocation of vacuum cleaner to assist with access.
- Local guide to social clubs provided to Mrs B. for consideration when ready to increase her social connections.