

### Alan's story January 2023

**Service name: Re-ablement.**

**Main purpose of service:** Working with people and their families in their own homes, to help them regain abilities and maximise levels of independence. Locala therapists work in partnership with Kirklees social services colleagues, to ensure a better quality of life for those using the service.

**Who the story is about:** Alan is 85 years old and is retired. He worked in manufacturing, starting as an apprentice engineer and latterly working as a senior production planner. A keen piano player, Alan played in bands and in clubs for many years. He had a stroke last June and was admitted to hospital where he then contracted Covid. Two months later he was taken to Ings Grove for Intermediate Care. Alan has now been home for just over a month and has been supported by the Reablement team.



**What happened:** "I was with my daughter one evening. I wasn't walking right and I was seeing double. I went to A&E and they told me I'd had a stroke." Alan continues, "I'm getting better but I still feel weak and tired. I'm walking with a Zimmer Frame now.....when I got to Ings Grove I needed help in and out of bed but they got me going with a frame."

**Piano man:** Alan explains that since coming home, his physiotherapist has been Sean from the Reablement team. "He gets me going! He's tough! He's doing a damn good job. He's an understanding lad. Give him my regards! He's a good communicator – he gets his point across!" It was whilst Sean was teaching Alan sitting exercises that he suggested Alan played the piano as part of his rehabilitation. Because the piano stool was low, a glide about commode was used initially until it was safe for Alan to sit on the stool. Sean filmed Alan to show his progress.

**Improving slowly:** Alan says it can be frustrating when recovery is slow. "I'm doing more than I could. It's easy to think you are not doing much but you have to compare yourself to 3 months ago." Although he still gets tired easily and says he often feels lethargic, Alan no longer needs carers and can make his bed and wash and dress himself. He has recently started practising walking short distances outside and is looking forward to warmer weather when he plans to sit in his garden. He continues to enjoy playing the piano.

Alan gives full consent for sharing his story and video and spoke with Joanne Vaughan, Locala's Engagement Officer on 5.1.2023