

Allan's story December 2023

Service name: Intermediate Care at Ings Grove.

Main purpose of service: For people who are medically stable but need a bit of extra rehabilitation to cope at home and remain as independent as they possibly can. The service provides 24-hour support and care at 3 different venues in Kirklees. Locala's rehabilitation team work along-side social care colleagues, helping guests to maximise their independence, so they can carry out day to day activities.

About the person: Allan is 75 years old and was in his garden, carrying a step ladder when he tripped and landed on concrete paving, breaking his hip. He struggled to get help as his family couldn't hear him shouting out. Allan crawled with his 'good leg' and eventually banged on the window with a watering can, to get attention.

"We're introducing a new house rule now, to always tell someone you are going into the garden!"



Expectations: Allan came to Ings Grove for rehabilitation. **"My daughter did some research and we looked at the leaflet. It's lived up to its expectations. The staff, the care, the food. It's all good. They're not just ticking boxes here. They really do care. There is a good mix of staff. Diane the physio, she'll give you a straight answer. You can see some of the younger ones have real potential. You've got to want to do this. It's not just a job."** Allan is now walking well with a Zimmer frame and aims to progress to using stick. **"We're going to practice on a slope because I have a sloped drive at home."** He continues, **"The fear of falling again is always there. I'm extremely grateful for all efforts to get me home in a safe way."**

Allan met Joanne Vaughan on 18 October 2023 and gives full consent to share his story.