

### Freda'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:** Freda is 85 years old and was on a cruise with her husband when she fell in their cabin and broke her hip. She was transferred off the ship to a hospital in Greenland where she had surgery, eventually being air ambulated back to the UK via Iceland. Freda came to Ings Grove for rehabilitation.

**Rehabilitation:** Freda says she was unable to walk when she first arrived at Ings Grove. Four weeks later she is progressing. **“Now I can use a walking frame with wheels if someone is with me.”** She continues, **“Claire and Olivia are my therapists. I do leg exercises, foot exercises and practice walking. Yesterday I walked to the window. We’re going to start practising stairs.”** Freda feels everything is in **“slow motion”** and she **“lies there thinking of everything.”** She is used to being busy. **“The best bit about retirement is being able to do your cleaning and washing during the day not at night!”** She has travelled extensively to New Zealand, the Canary Islands, Canada and has cruised the fjords.

Freda [name changed at request of patient] met Joanne Vaughan on 18 October 2023 and gives full consent to share her story.