

**Jan's story December 2022**

**Service name:** Intermediate Care at Moorlands Grange, Netherton.

**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:** Jan's health deteriorated, and she was experiencing falls and weight loss. She was admitted to hospital with a broken hip, then went to Moorlands Grange for rehabilitation. Over the last 2 months Jan has become stronger, more mobile and regained confidence. Jan explains, **"It was like my life had finished and I went there and it re started."** Jan has recently been discharged and is settling into a new flat.



**Confidence:** Jan describes how she felt when she arrived at Moorlands. **"I was very low. Physically and emotionally. I had no confidence. What I received there was motivation and inspiration. Group therapy, one to one therapy, everything was taken in small steps until I gained confidence. I remember looking at the physio steps in the lounge and thinking I'd never be able to do them! But I did! They always made sure my pain was controlled before I did my exercises – they were so good! Rehabilitation was slow, so I could build my confidence, so I could believe I could do things. They were so patient!"** Jan progressed from needing a walking frame to walking unaided, now just using a stick occasionally if she needs it. Locala's nurses, dietitian and 'Medicine Support Team' also worked with Jan, who is delighted to have gained weight, **"My Mum told me, you're looking so well!"**

**Emotional support:** Jan explains that her recovery has been about more than exercises. She describes how the team and other guests at Moorlands made such a difference, **"It's life changing there. I got really friendly with the other people there. People in their 60's, their 90's. There was always someone in the dining room to have conversations with. I thought I was going to stay in my room, but Zeb encouraged me to go to the dining room. Zeb, Maxine, Virginia, they were so caring. Everyone was so kind. The receptionists, the domestics, as well as the carers and therapists."**

**New life:** Jan explains how the team at Moorlands helped her prepare for leaving. **"They were my life saviours. Kirsty, Haley, Kath – their help was so overwhelming! Kath found me a flat. They've been here with me twice to look at it, and they've helped me move things here."** Now Jan is feeling stronger – physically and emotionally - she is looking forward to a trip to the panto with her family and 'Fish 'n' Chip Fridays' in the community lounge, where she hopes to meet her new neighbours.