

### John and Angela - March 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:**

John had a stroke 10 years ago which affected his right side. He has dysphasia which means he has some difficulty processing language and finding the right words. He was able to drive and independently go into his hometown on a mobility scooter. Last September, John had a bleed on his brain following a fall and everything changed. He lives with his wife Angela and their dog Doris.



**What happened:**

Angela explains, **“John was in hospital for 3 weeks and he didn’t get out of bed at all. The Reablement team were here the night he came home. They organised everything very well. It was just really good! The sitting room was made into a bedroom. All the equipment John needed was here.”** At first John couldn’t walk and needed a ‘turner’ to help him stand and transfer. Angela continues, **“They got him walking. They got him to the stage when he suddenly did everything at the same time, got him in and out of the car, up the stairs, down the stairs, outside a little way. From not being able to walk at all when he came home he could walk on his own with a stick!”**

**But then...**

After John had been home for about 6 weeks and was progressing so well, things took a backward turn. **“He just couldn’t get out of bed. Our GP said he may have over done things and to wait for 24 hours, but John was no better. He was admitted to hospital again – this time it was a urinary tract infection. He stayed in hospital over a week, not moving or getting out of bed.”** The Reablement Service started again when John returned home. Then, 2 weeks later, the same thing happened. John had another urinary infection and was readmitted.

**Home:**

For a third time, the Reablement Service assessed John and started to work with him when he was discharged home and unable to walk. He was determined to get better again. Angela describes how their physiotherapist Alice would introduce an exercise regime and the carers would follow the programme, encouraging John to do what he could, when he could. **“They would ask, ‘Can you do buttons?’ Everything he could do, they got him to do.”** Angela and John are impressed with how the service provides both care and rehab in the home setting and in a joined-up way. **“It’s more relevant when it’s happening at home.”** Angela says, **“Alice was fantastic!”** The couple feel that the carers became more like friends. **“We could have a bit of a laugh with them. And they were so thrilled when John improved.”** John appreciates how **“everyone”** has helped his recovery. Regular visits from a new care company are continuing, as the couple readjust to daily support. They are pleased that the visits include helping John with his exercises and walking short distances outside. And as for Doris? What has she thought of carers and therapists coming and going? **“She has loved everyone!”**

John and Angela give full consent for sharing their story and spoke with Joanne Vaughan, Locala’s Engagement Officer in their home on 21 February 2023.