

Stories help describe what services do. Every-day and ordinary, or life changing and extraordinary?

Kay's story October 2022

Service name: Intermediate Care Beds

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: Kay has recently returned home from Moorlands Grange having needed rehabilitation following a series of falls. She is a retired nurse and feels that her professional experience has helped her rehabilitation, **"It's made it easier – we're working to the same goal."** She would like to thank everyone who works there.



Falling: Kay takes up her story, **"I fall all the time. Normally I may jar myself, but I get helped up and don't have to go to hospital. I have broken my wrists and my arm before though. I started falling more and was brought straight to Moorlands Grange. I didn't have to go to hospital."** Kay has Tardive Dyskinesia. This term is used to describe involuntary muscle contractions that can cause sudden or slow twisting movements of the face or body. Kay says that the hardest part of rehabilitation was **"learning to walk again."**

Vulnerable: Kay reflects on how it feels to be immobile and having to ask for help, when being independent is the norm. **"It's awful. Having to use a bed pan is horrendous. Everyone was very nice but having to call for help and then waiting - I felt vulnerable. Two months to get better felt like an eternity, especially when I needed to be hoisted. You are so reliant on others."**

Making progress: Kay describes how she worked with the physiotherapists and occupational therapists to get on her feet again. **"I did the physio exercises. At first laying down, then sitting and then standing. When I took those first few steps it felt absolutely brilliant!"** Kay feels that the team at Moorlands Grange listened to her and that there was a good atmosphere. **"It's good. Positive vibes off therapists and carers."** She says she was never bored and enjoyed reading and colouring in whilst she was a guest. **"I'm happy doing these things."**

Home visit: Kay explains how she went home for an assessment so that final discharge plans could be put into place. **"I was nervous about it. They tell you not to be nervous, but you are! It felt like an exam! I had to get up and down from my recliner chair and on and off the toilet. But it wasn't as bad as I expected. All went to plan. And it was lovely to see my cat! He was happy."**

Future: Kay is now back home and is having carers visit 3 times a day. She is hoping this can reduce to 2 visits a day soon. She is now getting about with a walking frame and is hoping that with some more physiotherapy she can keep improving and start using her sticks again.

Kay spoke with Jo from the Engagement Team and gives full consent to sharing her story.