

Pat's story March 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: Pat fell on a traveller at a local supermarket. Days later, her legs started going numb, there were pins and needles and then Pat found she couldn't stand. She was admitted to hospital, and it was discovered that she had fractured her spine. The morphine Pat needed for pain relief led to kidney complications. When she was eventually well enough, she was transferred to Ings Grove for rehabilitation.

Frustrating: Pat explains how things were when she first arrived at Ings Grove. **"I wasn't able to do anything. It was frustrating. I couldn't even reach for a book."** She says, **"When I was really ill, it didn't matter"** but as she started feeling stronger, she wanted to do more. Pat has walked with a walking frame for a couple of years previous to her fall, and with sticks 10 years prior to that. So, she is used to taking things slowly, but she found being too weak to walk at all, very difficult. **"It all disappeared – it's weird."** Gradually, with the therapists and care team supporting her, Pat made progress. She describes how she initially had to be hoisted and could only be out of bed for one meal a day. She then learnt to stand up from the bed with a standing aid and was able to sit out for longer. Exercises were on her bed at first, then she progressed to exercises in the chair. Eventually Pat was able to take a few steps using a 'gutter frame.' **"It felt weird. It was just like pigeon steps. Three steps, then four steps then five steps....it's slow work!"** Pat can now walk to the bathroom and back with the frame and someone to supervise her.



Progress: Pat feels her recovery is down to the entire team at Ings Grove. **"It's all thanks to the physio team."** She continues, **"Actually, all the team are brilliant – they've all helped me in their own way. They're all fantastic. I've never been in a place like this before and I didn't know what I was getting, but it's the best place I could be. Everyone is chatty and happy. It's very good. They care here."** In the past, Pat had been told that the routine at an Intermediate Care facility would be regimented and strict! She would like to tell others, **"Do come – don't be put off! This place is brilliant!"**

Thank you: The day before Pat was admitted to hospital, her husband was also admitted. Sadly, he passed away and Pat attended his funeral last week. She says, **"When I got back here [Ings Grove] everyone was sympathetic, they all asked how I was. It helped."**

Future: Pat and Abbas, her key worker at Ings Grove, are planning her safe return home. **"I want to get better and to be better than I was when I fell."** Pat is planning to go on day trips and wants to enjoy things she hasn't done in years. Pat has been referred to Adult therapies to help her reach her new goals.

Pat met Joanne Vaughan on 14 March 2023 and gives full consent to share her story.