

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

Terry's story August 2023

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: Terry is back home now, having stayed at Moorlands Grange for rehabilitation. Previously fully independent, Terry fell off her sofa and broke her leg. She explains, **"I just over balanced and toppled off. I smashed my face, cut my nose and forehead and my leg was twisted."**

Immobile: Terry's road to recovery has not been easy. Initially, it was thought her injury was a severely sprained ankle. **"I was kept in hospital as I couldn't walk. Even just moving from the chair to a commode, it kept collapsing under me. I couldn't put pressure on it."** On further examination of the X-ray, a fracture of the tibia was found, and Terry's ankle was put in plaster. She was told not to weight bare on that side but, living with fibromyalgia and having arthritis in her hands and wrists, meant that moving about with crutches was considered unsafe. Terry explains that rehabilitation couldn't begin until she was allowed to put her foot to the floor. She had to be hoisted from bed to chair. **"I was in hospital for 5 weeks and then moved to a care home for another 6 weeks."**

Care Home: Terry was visited twice a week by a physiotherapist to do 'bed exercises', but her experience there wasn't good. **"They didn't have a bed pan anywhere in the care home – they had to order one for me – I had a catheter, and luckily didn't need to use the bed pan before it arrived 3 days later!"**



Furthermore, the care home didn't have a suitable recliner chair for Terry, or 'cot sides' on her bed – both had been recommended by the hospital - so she was bed bound and unable to roll or move herself. In a solo room, Terry was alone for hours at a time and sometimes she was forgotten at mealtimes. A family friend, also a physiotherapist, recommended Terry buy a gutter frame, which she did for £20 off Ebay. Although she was still not allowed to walk or put her foot to the floor, at least Terry was able to

stand and get used to being upright again.

Rehabilitation: Arriving at Moorland Grange, Terry still relied on the hoist to be moved. Soon, with guidance and support, Terry could use a gutter frame to move from the bed to the chair or commode. Then, she progressed to taking a few steps. Not surprisingly, Terry lacked confidence. She also felt unprepared for how slow her progress would be. **"My expectations were way too high. If I'd had a good day, I thought the next day it would be better, but sometimes it was worse."** The team at Moorlands Grange, including Dan a second-year physio student, were encouraging and reassuring, telling Terry, **"You are going to progress!"** She says, **"Sometimes I felt I was improving, but then, maybe there were a couple of days without physio and that was frustrating. But once I got walking, I got a bit of confidence. At first it was to the door, then to the door and back. Then down the corridor."** Terry's recovery was hampered by an episode of septicaemia when she was admitted back to hospital. On returning to Moorlands Grange, her progress continued and

eventually, Terry could go to the bathroom on her own and prepare for discharge home. She could walk with a wheeled Zimmer frame. **“I had fantastic care from the physios who were very encouraging, and the care staff were too. I think it’s a wonderful place.”**

Home: Terry’s bed was brought downstairs and a commode, toilet frame and recliner chair were organised. Terry admits, **“It quite upset me – I wanted home to look like home.”** She continues, **“When I came home, my walking was worse. It’s the carpet. I thought I’d be gliding around.”** She was a little frightened when she first came home – she’d been away for nearly 3 months – but she’s no longer nervous.

Looking forward: Terry has made a lot of progress, but **“wants life to be normal again.”** Her goal is to walk with 1 stick, sleep upstairs and to use her shower again. In short, to return to the level of independence she enjoyed before breaking her leg. **“I’ve got determination – it’s not for lack of trying! I still can’t stand for long and that worries me.”** She is currently visited daily by the ‘Reablement Team.’

Terry spoke with Jo from the Engagement Team and gives full consent to sharing her story. Both Social Services and Health Watch have been told about Terry’s experience in the care home.