



“...I feel sorry for anyone trying to rehab me. I wasn't looking forward to my podiatry appointment. I thought it was going to be a long job - but it turned out I didn't need to worry. I am so pleased to be walking with 2 sticks indoors and outdoors and enjoying the seafront in the good weather.”

# Esmé's story

Esmé was referred to the joint community rehabilitation service for an assessment of her strength and balance following a fall. During this assessment it was discovered that Esmé had an ulcer on her toe and she was referred to the podiatrists within the team. Esmé wasn't looking forward to her podiatry assessment due to a previous poor experience, and was worried that this would take a long time to heal. Esmé and Lara (Podiatrist) built up a trusting relationship. Esmé felt very confident and at ease with Lara's assessment and judgement, it felt like she had known Lara all her life, which they put down to their mutual love of Irish Butter!

Sadly Esmé had a stroke whilst waiting to start her strength and balance exercise programme, and was admitted to EDGH for a short period before returning home. Once Esmé was back at home she was seen by the Community Stroke Rehabilitation Service (CSRS).

Esmé's podiatry needs were met seamlessly, as Lara being an intermediate care podiatrist works across all teams. Lara was able to link Esmé's foot care needs along with her rehabilitation with the CSRS. This reassured Esmé that all needs were met in a timely manner and stated "this showed a partnership and the teams were not working in isolation".

Esmé continues to manage her exercises well and found them really beneficial; she is feeling a lot stronger. Esmé is able to mobilise safely indoors and outdoors, and loves being close to the seafront to walk along. Esmé's ulcer healed quickly and her confidence in therapists had been restored by the wonderful service she had received from all teams.