



“...What the Joint Community Rehabilitation visits provided was a bridge back to support if I needed it and allowed me to cope mentally. The reason I know how much I appreciated it, was how I felt when it stopped.”

REHABILITATION
MATTERS

Gareth's story

Gareth had been the carer for his parents during their final years. As an established writer he felt this gave him focus and direction in his life. Gareth was referred to the Joint Community Reablement/Rehabilitation Service (JCR) following a prolonged hospital stay after contracting COVID-19, with several weeks in the Intensive Care Unit.

On discharge, Gareth felt institutionalised. His strength and stamina had declined and he reported memory issues and erratic sleeping patterns. After spending weeks surrounded by health staff he suddenly felt alone and isolated.

Gareth's discharge goals were: wash, dress and cook independently, return to driving and "sit on the sea front with a cup of coffee". JCR interventions consisted of 3 daily supportive visits. A Lead Support Worker monitored Gareth's needs weekly and interventions altered accordingly. Gareth was determined not to be left debilitated by COVID-19 and his strong independent nature meant he quickly returned to physical independence.

Gareth found JCR visits gave structure and focus to his day.

The Rehabilitation Associate Practitioner provided Gareth with equipment to support him with daily activities. He was encouraged with short walks initially to increase his confidence. The JCR Podiatrist provided foot treatment and supplied temporary footwear that enabled Gareth to increase his mobility.

It was also identified that Gareth required psychological support. Mental health needs were discussed and Gareth was signposted to appropriate services.

Gareth highlighted how important the input from the JCR Team was: "The reason I know how much I appreciated it, was how I felt when it stopped"

Gareth is now looking forward. He is planning to write a novel, has managed to drive to the seafront for coffee and remains determined and focused on his recovery.