



“It’s been great having a variety of support workers. They have all offered something different when visiting me. The training and personalities of the staff coupled together have been really helpful getting me back to my independence.”

Helene, community patient

REHABILITATION
MATTERS

Helene's story

Helene was referred to the Joint Community Rehabilitation service (JCR) following a fall which resulted in spinal cord injuries, a fractured arm and rib fractures. Helene had to use a rollator frame to walk with. This meant that she lost her confidence in her own ability to complete daily tasks such as personal care and meal preparation. Helene also had a catheter fitted which she was unsure of how to manage.

Helene discussed goals that she would like to achieve with the JCR, including using her shower, helping her husband with dinner and managing her own catheter. The Occupational Therapist in the JCR offered advice and provided equipment to help Helene back to independence. Input from JCR Reablement offered Helene support to build her confidence in completing tasks and supported her when she got tired.

Helene progressed very well due to her willingness to engage and take on board advice. With practice and support she is now able to walk with sticks and manage the stairs at home. Helene is now also able to access her shower with a handrail and stool. She also gained more confidence in managing her own catheter.

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