

A woman with short dark hair and bangs, wearing a black dress with white polka dots and a necklace of large, light-colored circular beads. She is holding a flute glass of champagne and looking directly at the camera with a slight smile.

I am so glad I was put in touch with the Joint Community Rehabilitation Team. They are the best therapy I have ever had. They gave me back my confidence and have made my life less frustrating. I am now much happier.

**REHABILITATION  
MATTERS**

# Katherine's story

Katherine was referred to the Joint Community Rehabilitation Team (JCR) following an unsuccessful spinal operation. This had resulted in reduced mobility and ongoing pain, leading to depression. Katherine had to use a stick to mobilise but was unable to walk longer distances due to the pain and reduced energy levels. This had resulted in difficulties at home with activities of daily living, such as standing in the kitchen to prepare meals and taking a shower.

Katherine was seen by an Occupational Therapist from the Joint Community Rehabilitation Team who made suggestions about how she could regain some independence in her own home.

Katherine's goals were to be more independent with meal preparation, to reduce pain and fatigue and to become less dependent on her husband.

The Occupational Therapist advised Katherine on how to manage her fatigue by resting in-between tasks and pacing herself throughout the day. Adaptive equipment, including a perching stool and kitchen trolley, allowed her to reduce her fatigue during kitchen tasks and enabled her to sit and prepare meals and move items safely. Katherine was also provided with a shower stool so that she could shower independently without getting tired. She was also provided with a wheelchair which meant she could go out with her family, which helped to lift her mood.

As a result, Katherine feels that she has regained some independence in daily living tasks and has reported an improvement in her mood.

Katherine said: "I am so glad I was put in touch with the Joint Community Rehabilitation Team. They are the best therapy I have ever had. I was able to rehabilitate from the depression caused by the daily frustration and exhaustion from the physical effort of trying to tackle everyday tasks.

"The Occupational Therapist assessed my individual needs and provided helpful advice as well as adaptive equipment, which was tailored to me. So I have now learnt to manage daily tasks with ease. The JCR gave me back my confidence and have made my life less frustrating. I am now much happier."

# REHABILITATION MATTERS