JCR Hastings and Rother Case Studies for OT week

Theme :Participation Changes everything

Reflections on the work OTs in JCR are most proud of this year

"Hetty and I have recently been involved in supporting a lady with Parkinsons achieve her goal of sitting out in the living room. She was adamant she did not want to be hoisted and was highly motivated to return to standing transfers. Supported by her family she participated regularly in her bed exercises and built a good rapport with the Occupational Therapists to engage in rehab sessions. She is now sitting in the living room daily, standing using a sara stedy and feeding herself. On her last session with JCR she called us 'her friends'". Louise

The piece of work I am most proud of from last year was working with an elderly man following his discharge from hospital. He had had a fall and fractured his hip and on first meeting was very low in mood, it was difficult to establish much of a rapport and his daughter did most of the talking, he did not appear very motivated and I was unsure what we would be able to achieve. He was transferring with a sara stedy at this time and could not see himself ever walking again.

I started seeing him twice a week and over time, he began to open up more. He told me he was a keen baker and had won lots of prizes locally for his cheese scones in particular. Also a very keen gardener and used to show his fruit and vegetables all over the South East. I decided to tailor his rehab around these two areas, so walking to the kitchen and sitting in there while his daughter cooked gradually getting more and more involved in the activity himself. We worked on his standing balance while doing functional activities. His ultimate goal was to get into his garden again which involved him walking through the house and down a step. Also being confident with a 4 wheeled walker outdoors.

By the end of his time with us, he was back in the kitchen getting involved in baking again and getting into his garden. His daughter was very supportive and helped set up raised beds so he could get his hands in the soil again. Although he has not been able to regain his pre-fall ability completely, he is able to participate in activities he loves which was vital to his wellbeing and quality of life. Emily

OT week - "Participation Changes Everything" Reflection

JCR Hastings and Rother

One of the achievements I am most proud of this year involved supporting a person following a fractured neck of femur sustained after a fall. At first glance, the challenges appeared to be physical, but it quickly became clear that the impact on their everyday life was much greater.

The person had recently been bereaved and was struggling with the loss of independence that followed their injury. They were unable to access the upstairs of their home, could not use their shower, and were reliant on a rollator frame for mobility. They also could not access their garden, a place that brought them great enjoyment, and their dog was being cared for by family because they were unable to manage at home independently.

Through a holistic assessment, I focused not only on their physical recovery but also on the activities, roles, and routines that mattered most to them. Together, we identified practical solutions and goals. My interventions included installing a mopstick stair rail to enable safe access upstairs, a galvanised rail to support access to the garden, shower grab rails and a shower stool for safe personal care, as well as a walking stick and exercises to improve strength, balance, and confidence and practicing doing all of the above activities using the new equipment.

Over time, the changes were remarkable. The person progressed to mobilising independently, safely accessing the upstairs of their home, showering independently, spending time in their garden again, and travelling out by taxi. Most importantly, they were able to have their dog return home.

What makes this achievement so meaningful is that none of these outcomes seem extraordinary in isolation. Yet together they restored the person's independence, confidence, sense of purpose, and connection to the things that gave their life meaning during a difficult period of bereavement and recovery.

This experience reflects the theme **"Participation Changes Everything."** As occupational therapists, we often support people to achieve what can appear to be small everyday tasks. However, it is these everyday occupations, caring for a pet, tending a garden, taking a shower, or moving freely around the home, that have the greatest impact on health, wellbeing, and quality of life. Seeing this person return to the activities and routines that mattered most to them was a powerful reminder of why occupational therapy makes such a difference.

Occupational Therapy Intervention Summary JCR Hastings and Rother

Following referral from the JCR Physiotherapist, I provided Occupational Therapy intervention to support Mrs A in achieving her rehabilitation goals of participating in active transfers and sitting upright for meals and social activities.

Mrs A engaged in a series of rehabilitation sessions focused on increasing her functional participation during transfers. I introduced the Oxford Journey standing aid as an alternative to full hoist transfers, enabling Mrs A to actively contribute to the transfer process and maximise her remaining abilities.

A significant barrier to implementation was staff confidence, as the nursing home team were unfamiliar with the Oxford Journey equipment and initially reluctant to use it. To address this, I provided training and education to the Moving and Handling Advisor, who subsequently cascaded this training to the wider staff team, ensuring safe and consistent use of the equipment.

To support Mrs A's postural needs and facilitate engagement in meaningful activities, I completed a clinical reasoning assessment and successfully secured funding for a Configura Comfort riser recliner chair. This provided an appropriate seating solution that enabled her to maintain an upright posture for prolonged periods.

As a result of the intervention, Mrs A progressed from being transferred using a full hoist to actively participating in transfers using the Oxford Journey. She was able to transfer into a wheelchair, access the communal areas of the home, and sit comfortably in the Configura Comfort chair for several hours while eating meals, socialising, and taking part in activities with other residents.

The intervention enhanced Mrs A's independence, dignity, comfort, social participation, and overall quality of life. Mrs A expressed significant satisfaction with the outcome, stating that she was grateful to be able to sit in a "normal" chair again. This demonstrated successful achievement of the rehabilitation goals and a meaningful improvement in her occupational engagement within the nursing home environment.