

Case Study 1:

Mrs P was an elderly lady who lived on her own in Worcester. Her mobility was restricted and getting worse and she was referred to the Handyman Service run by Age UK. The Handyman went to fit grab rails in the en-suite at the lady's property. Mrs P was very pleased but pointed out that she had recently had falls in her walk in wardrobe and was really worried about further falls.

The Handyman contacted the community Occupational Therapist for an urgent re-assessment which was undertaken. Mrs P felt more confident at home and more able to retain independence. Her home was safer and there was a reduced risk of falling.

Case Study 2:

Mrs I is an 88-year-old widowed lady who lives alone in a downstairs Festival Housing maisonette. She was previously independent with all aspects of daily living including shopping and domestic tasks.

At the end of June Mrs I had a stroke and was initially treated at Worcestershire Royal Hospital and then received rehab at the Timberdine Unit in Worcester. She was referred by the Occupational Therapist to the Wellcheck service provided by the Voluntary and Community Sector. Mrs I was concerned about her ability to get out and about independently, her reduced eyesight and feelings of anxiety.

The Wellcheck service put Mrs I in contact with a Transport service run by the British Red Cross, and a volunteer scheme to support her with shopping and light housework. A personal alarm was also fitted in Mrs I's home.

Mrs I also had adaptations fitted to her home by the Occupational Therapy service prior to being discharged from Timberdine. Mrs I was also put in touch with Sight Concern and her son purchased her a talking clock and the family was also signposted to services provided frozen meals and podiatry.

Case Study 3:

Mrs X is a retired lady of 84-years-of-age who lives independently with her pet cat in a bungalow. Despite on-going and long-term medical problems e.g. arthritis, diabetes she maintains a very positive outlook. She takes pride in being well organised and being computer literate and uses her computer to pay most of her household bills.

Mrs X was discharged from hospital following elective knee surgery and referred herself to the Home from Hospital service run by the VCS. Prior to surgery Mrs X walked with a stick and was provided with a walking frame to help her move around within her home safely. She was regularly supported with visits from the Community Nurse and Physiotherapists. Mrs X's reduced mobility post op meant she was not able to clean the house or carry out other housework.

A Home from Hospital assessment was carried out and a volunteer appointed to help. Other referrals to a Wellcheck officer and for a Safety Check from the Fire Service were arranged.

Case Study 4:

Well Leg Clinics, or 'leg clubs', specialise in caring for and preventing leg ulcers. Chronic leg conditions are associated with isolation and patients can visit the clinics rather than have the treatment at home which gives them a chance to meet socially and share experiences.

Worcester Leg Club was started over 8 years ago by community nurses under the strict guidelines and continued monitoring of standards by the Lindsay Leg Club Foundation. It is run by community nurses and volunteers in the Tolly Centre twice a week, covering patients from all GP practices on the East side of the river. It uses an innovative model of care covering the medical and social needs of patients. It is a partnership between community nurses, volunteers, patients and the community in which nurses treat problems of the lower limbs. Volunteers run the club and organise some social events and patients are encouraged to participate in their treatments. Health education and advice are part of the Leg Club. The benefits to patients are:

- Nurses working at Leg Club have become more expert at treating leg ulcers etc. due to specialised training and peer support.
- Patients have been encouraged to become more mobile, are happier through socialising, and have peer support to encourage them to stick to recommended treatment. This improves healing rates.

Video clip:

<http://www.youtube.com/watch?v=jG0KrXVkv3E&feature=youtu.be>