

Examples Of Telecare In Action



Case Study – Personal Wellbeing and Falls & Mobility



Client Profile:

Mrs M aged 74 had suffered falls at home due mainly to her Parkinsons Disease. A particularly bad fall resulted in a two-month hospital stay and it appeared during this that she might not be able to return home. Her deteriorating mobility coupled with poor vision and confusion were making it increasingly difficult for her to cope with normal daily activities and also with medication management.

Role of Telecare:

Mrs M had a very supportive family who were involved in assessment whilst she was still in hospital. It was felt that if the medication management difficulties could be overcome then an overall improvement in her condition would result. The decision was taken to send her home with a care package and a pill dispenser to be filled by the family to ensure that she was prompted to take her medication at the correct times. To start with a family member was available to live with her whilst she re-acclimatised. The addition of a bed sensor once this period was over, to alert for potential night time falls was also planned.

Outcome:

Her family found that Mrs M got used to the pill dispenser very quickly and the result of her taking her medication in the prescribed amounts and at the correct times had a positive effect on her well being. She began to regain some of her lost independence and when the family member was no longer available to live with her she was at a stage where she could cope well with her essential daily activities. The bed sensor was added to give greater security at night in case of falls.