

Isobel now inspires others to move too

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Staff at Forthbank Care Home in Stirling have been working with 71 year old resident, Isobel Jordan, to help her move more often.

Isobel has a right sided weakness after a stroke and suffers from depression. She has an electric wheelchair to help her get around. Her speech is affected by her stroke and it takes her longer to say what she wants to.

Anne Brown, Activities Coordinator said: "The CAPA learning events that we attended inspired staff to ask Isobel what moving more would mean to her and how we could build opportunities for her to move more each day. We used the Plan, Do, Study, Act (PDSA) approach to try things out and to look at what was working what wasn't and what we could try instead.

"Isobel really wanted to be mobile enough to get away for a night with her husband in a caravan. This was her motivation to move more."

The home arranged a physiotherapy referral and together they worked on an improvement plan.



Isobel said that she would like to start attending the home's exercise group. She enjoyed this and began to attend regularly. At the same time, her physiotherapist began to work with Isobel so that she could transfer from her wheelchair to a chair. Once she had mastered this, staff supported Isobel to take small steps with a tripod walker.

As Isobel became more mobile, she felt happier. However she became unwell and lost her confidence and motivation.

Anne continued: "We spoke with Isobel and suggested that we introduce a diary so that she could record her progress and reflect on her day. This helped to increase Isobel's mood and get her back on track."

They continued with more physio exercises and once Isobel's strength and balance improved, she started Tai Chi and yoga sessions. Something she thoroughly enjoyed. She also joined Active Stirling's walking group.

Isobel said: "I start with my steps within the home and then I set off in my electric chair to join the walk. It's great!"

Once Isobel's mobility had improved enough staff knew she would manage in a caravan without her wheelchair. So her family booked one night away. Supported by two staff, Isobel had a great time. She stayed up late and shared household tasks and even won at bingo, spending her winnings on treats for friends and family.

Since the trip, Isobel's much happier and sociable. She now encouraging others in the home to move more too and has even taken up gardening!

