

# Three to 10 sit-to-stands in only three weeks

November 16, 2018

In July, Jessie Scott was admitted to Ludgate House in Alloa (a care home for short stay and respite). Jessie had a stroke and as a result has a weakness down one side. She uses a wheelchair and lives at home with home care support.

Lorraine Joyce, Senior Care Officer said: "On admission we noticed that Jessie's posture was poor and it was difficult for her to transfer from her wheelchair. At home she used an etac turner for transfers which requires two staff members. Her opportunities to stand had been minimal and she only really stood morning and night getting dressed and transferring to the chair lift in her house morning and night."

Staff at Ludgate and Jessie discussed the difficulties with transfers and agreed that increasing her leg strength would benefit her enormously. As part of the improvement process staff at Ludgate had become familiar with the 'Super Six' exercises and spoke to Jessie about introducing more opportunities to sit-to-stand. This became one of Jessie's outcomes as part of her care plan and a baseline assessment showed that she was able to manage three sit-to-stands.

A plan was put in place for Jessie with staff support to use the hand rail in the corridor to do a series of sit-to-stands on a planned basis. After three weeks plans were in place for Jessie to go home with support from the reablement team.



At this point she was able to manage 10 sit-to-stands and staff noted that her posture and ability to transfer safely had improved. A planning meeting took place between the service and the re-ablement team to discuss her discharge and it was agreed that the support package would include time for staff to support her to undertake her exercises at home. Jessie went home from the service after three weeks and continues to be supported by the reablement team to increase opportunities to sit-to-stand using opportunities in the house.

Lorraine continued: "The reports from reablement are they are continuing with sit to stand daily and Jessie is assisted with transfers with two members of staff using the stand aid. There has not been a decline in her physical strength, and staff can continue to support her at home."

Mags Hughes, Improvement Adviser said: "Staff at Ludgate took on the balance challenge as part of their test of change. Through this they saw great improvements with clients when they were in. Through the nature of the service they provide they noticed an improvement in people when they left the service only to see a decline on their return. This led them to work with reablement at the point of discharge through another test of change to have them continue with the strength and balance work as an integral part of their sit-to stands."