

COLIN'S Story



CASE STUDY: Regaining dignity and independence

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➤ Case Study:

Colin is an 84-year-old gentleman who lives with his wife. He is independent with all transfers other than bed transfers, with which he has difficulty lifting his legs into bed. Colin mobilises with a walking frame but he has a history of falls when mobilising.

Colin has Type 2 diabetes, glaucoma and a history of prostate cancer, resulting in an urgent need to empty his bladder. He has also had decompression surgery for myelopathy, heart surgery, a history of UTIs and experiences a frequent burning sensation in his legs.

When Colin started experiencing difficulty lifting his legs into bed, the Occupational Therapist trialled a manual leg lifter followed by a powered leg lifter. Unfortunately, these interventions were unsuccessful and he was still unable to transfer into bed independently. As a result, Colin became dependent on a carer who visited each evening to assist him with lifting his legs into bed.

The consequence of this was that Colin was unable to choose when he went to bed and was assisted each evening at the same time. In addition, Colin had to remain in the chair for the rest of the night if he required access to the toilet, as he was unable to transfer back into bed. This increased the burning sensation in his legs and impacted on his sleep patterns.

➤ Results:

A FloorBed was put into place for a trial. Once sat safely on the bed, Colin lowered the bed to the lowest point of 70 mm from the ground. At this point, with assistance from a bed lever, Colin was able to independently slide his legs into bed with minimal effort.

Colin reports that the FloorBed has enabled him to choose when he wishes to go to bed as he is no longer dependent on a carer. In addition, he is able to go to the toilet at night, returning safely and independently back to bed rather than spending the rest of the night in a chair.

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Provision of the FloorBed has enabled Colin to regain his dignity and independence.

If Colin no longer required assistance to place his surgical stockings each night, the care package could have been cancelled, saving the Local Authority approximately **£2507.00** a year. It is hoped that the increased independent movement and use of the knee break function will permit Colin to stop using the surgical stockings, allowing the care package to be cancelled.