

### **Introduction**

Marg is a 78-year-old woman who was admitted to the short stay unit after a fall at home, which resulted in significant bruising on her left arm, leg and chest.

#### **Assessments used and dates completed**

On April 7, while on the short stay unit, Marg participated in an occupation-focussed interview, a shower assessment, and made a cup of tea in the kitchenette. Marg's daughter Sandy provided further information during a phone call.

#### **Collaboration with person**

Key needs were agreed with Marg during the occupation-focussed interview. As this was the only contact before discharge it wasn't possible for her to review the written formulation.

### **Occupational identity**

Marg has been a homemaker for most of her life and has lived in the same home for over 50 years. Her children and grandchildren live in another city, and she has felt a sense of deep loneliness since her husband Jack passed away two years ago. She previously liked being active and involved in her community, enjoying volunteering at her children's school when they were young, and at the local church, and spending time with her friends. She has always moved around the community "on my own two feet", finding walking and buses to be a convenient form of transport. Marg describes her fall and subsequent admission as a "wake-up call" and is keen to get home and to try to get back to being more active, like she was before Jack died.

### **Occupational competence**

Marg is experiencing increasing difficulty with mobility and balance. Despite having difficulties with showering, managing household tasks and getting around in the community, she can complete most self-care tasks without help, although slowly. Marg was observed to move around the unit with use of a walking frame, to make a cup of tea for one and to shower unaided using the shower chair and handheld nozzle in the hospital bathroom.

Marg also experiences fatigue and difficulty concentrating. Since her husband's death, she stopped volunteering and has become isolated and withdrawn. She has trouble finding activities that give her a sense of purpose.

### **Key occupational needs**

1. Look after myself at home
2. Access the community safely
3. Get back to volunteering

### **Summary Statement**

Marg is a proud homemaker who has a long history of community volunteering. She has been less active since her husband's death and difficulties with mobility and fatigue are affecting her participation in daily activities and her mood. Marg wants to look after herself at home, access the community safely, and get back to volunteering.

## Initial occupational goals

These goals were set with the community occupational therapist based on the needs identified in the formulation developed while Marg was in hospital.

1a: By 14th April I will explore what is needed to look after myself at home with coaching and encouragement from the occupational therapist.

2a: By 21st April I will identify the barriers to accessing the community safely with guidance from the occupational therapist

3a: By 28th April I will plan how to get back to volunteering with advice from the occupational therapist