

## Meet ... Lydia



Lydia is 75 and lives by herself with her dog Charlie, whom she dotes on. She is well known locally and she enjoys catching up with people each day when she is out and about, she is a wonderful listener and enjoys playing agony aunt. Her son James pops round almost everyday after work, he loves tech and has installed lots of gadgets around the house to enable her to do things for herself and stay in her own home, she has an Alexa that she uses to switch things on and off, ring people up and to power up her wheelchair. She is very proud of how 'techy' she and her son are. She is unable to walk but can transfer from her chair to her power wheelchair. She has 4 homecare visits per day to support her with getting in and out of bed, bathing, using the toilet and meal preparation.

She enjoys taking the dog for a walk each day using her power wheelchair and says that it gives her an opportunity to get out in the fresh air and to chat to people she bumps into, she always takes her smart phone with her in case of emergency. Recently, on her way home she tried to maneuver the wheelchair around a van that had partially parked on the pathway. One of the wheels came off the path and she was tipped out of the wheelchair into the road, her phone fell out of her handbag and she was unable to reach for it. She lay there for about 15 minutes until a passer by spotted her and called an ambulance, which took her to hospital. Her son had become concerned that she wasn't back at her usual time and that he hadn't been able to reach her on her mobile phone. It was almost two hours later when he managed to locate her.

Since the accident Lydia has lost confidence in going out of the house and has been asking her son to take the dog for walks. She misses this as well as chatting to people she knows when she is out and about.

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## Lydia's Outcome\*

To feel confident to take Charlie for his walk each day, where I get to bump into people and have a chat



### Yourself

Lydia could plan a regular dog-walking route that avoids narrow pathways.  
Research location devices on Alzeheimers.net.  
Let someone know that she is going out.



### Technology

Lydia could use a location device when out and about e.g. AngelSense  
Get a Telecare personal alarm watch that can be used outside of the home.



### Equipment & Adaptations

Start wearing an across the shoulder handbag to keep the phone in or on a lanyard.



### Family, friends & neighbours

Ask James to track where his Mum is.  
Ask James to accompany Mum on the dog walks when he isn't not working until she has regained her confidence.



### Community

Lydia could join a dog-walking group locally so that she is with other people.  
Lydia could join or start a group to campaign to stop people from parking on the curb.



### Services or Setting

Lydia could ask her GP to make a referral to the falls team to explore options.  
Ask the OT if there are adaptations that could be made to reduce the risk of tipping the power wheelchair.



### Support

Look at whether any of the carers can walk with Lydia on her dog walks on their way to the next visit or as they walk home until she has regained her confidence.  
To use confidence scaling to measure progress with Lydia.  
Help Lydia to problem solve any barriers that might arise.

\* measurable, specific, change something that is not working, moves towards aspiration, everyday language

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**Yourself**



**Technology**



**Equipment &  
Adaptations**



**Family, friends  
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**Community**



**Services  
or Setting**



**Support**

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