

PEGGY

Peggy is an 80-year-old lady, this is her 4th attendance to ED with a fall in the last six months. Peggy tripped when walking from her conservatory into her lounge. Peggy used her lifeline to call for assistance.

Peggy's last falls were:

- When accessing the bathroom at night to visit the toilet, Peggy thinks she may have tripped on the landing rug. Peggy fell and hit her head, experiencing a loss of consciousness. She was found by her neighbour in the morning when they noticed that Peggy had not drawn her curtains.
- Tripped and fell when hanging out her washing in the garden. She was able to shout to her neighbours for help.
- Tripped and fell when ascending the 3 steps from her kitchen into her dining room while carrying her lunch on a tray. Peggy activated her lifeline to call for assistance.

Peggy has osteoporosis, rheumatoid arthritis and spinal stenosis (lumbar region).

Following this most recent fall Peggy has sustained a Colles' fracture of her dominant hand and substantial bruising to her face. She has had a closed reduction and plaster cast fitted and will be reviewed in the fracture clinic one week from now.

Peggy lives alone in a very rural community and up until recently has been the main source of support for her friend and neighbour Audrey. Peggy is very concerned about Audrey and how she will manage without her support. Peggy does not have any family living close by; her husband passed away 18 months ago and her son works internationally. Peggy does not have a package of care at present, have declined previous referrals to adult social care for assessment. Peggy normally cooks one meal a day from scratch, for her and Audrey and they eat together at Audrey's as Audrey finds it difficult to get out the house. Peggy has sandwiches or salads at lunchtime. Peggy and Audrey rely on a neighbour to do their weekly shopping for them and for support with attending hospital appointments.

Peggy sponge bathes daily as she cannot get in and out of the bath. Peggy's only toilet is upstairs and during the day she often struggles to get to the toilet in time, which means that she is often incontinent which she finds embarrassing. Peggy gets up frequently at night-time for toileting.

Peggy showed awareness of her strength and limitations, talking about how she has had to slow down recently, especially with keeping her house clean and tidy and on top of the chores as this has become more difficult due to the pain in her hands and lower back. Peggy rarely goes out further than Audrey's as she is so worried about falling and being incontinent. She does not currently use a walking aid. Peggy misses going to church on a Sunday morning and the weekly coffee mornings but at the moment it is just too far for her to walk.

Peggy has difficulty lifting and carrying the kettle to the tap to fill it. Once the kettle is full Peggy slides the kettle across the surface back to its base. Peggy has great difficulty pouring the hot water from the kettle into the cup.

Reduced range of movement in the shoulders limits her ability to access overhead cupboards and her back pain limits her ability to bend down to access the milk in the fridge.

Peggy struggles to remain standing for the entirety of the task. When transferring her cup of tea to the table to sit and drink it Peggy furniture walks.