

Aimee's Homecoming



Before: For many years, Aimee had been enjoying an active retirement along with the company of her daughter and son-in-law with whom she lived. A few years ago, however, Aimee suffered a bad fall. Her physician recommended bi-lateral knee replacement. Following the surgery, Aimee underwent rehabilitation in a long term care facility. She really enjoyed the nursing home particularly the recreational activities, but she was ready to go home.

Life was different when she returned home. Aimee's daughter and son-in-law were very busy with work and Aimee was at home alone for most of the day. A home health aide visited three times a week, but for the most part, Aimee was on her own. After a few months, her appearance became disheveled. Each day she slept until ten, had very little to eat, and turned in for the night by five in the evening. Aimee had also become increasingly tearful.

Clarendon Rx:

The Clarendon team made the following recommendations for Aimee:

- Attend Clarendon three days each week for socialization with peer group
- Regular participation in art therapy and music therapy for creative expression and communication
- Work with Nurse Practitioner and Clarendon care providers for goal- setting and support in dealing with emotional issues
- Regular visits to the hair and nail salon

Outcome: After three months, Aimee is beginning to return to her old self. She regularly participates in the creative therapies which has really helped her to come out of shell and regain her confidence level. Active participation in the discussion groups run by the nurse practitioner has helped Aimee realize that others share her same concerns and apprehensions, and that she is not alone. Finally, Aimee regularly co-hosts the afternoon coffee hour with one of her new friends. Extending herself through hospitality has helped her to connect to her fellow club members.

Aimee is beginning to see herself as important part of a community again and the depression has greatly improved.

