

CASE STUDY: Elizabeth

Background:

Elizabeth is an 87 year old white widowed female. She has a history of congestive heart failure, hypertension, osteoarthritis and depression.

She was married for over 55 years to a man who developed and ran a very successful company. They had three children and six grandchildren. Unfortunately, two of Elizabeth's children died in their early 50's. Her husband developed cancer and after a two-year battle, died. With the aid and support of her only remaining child, James age 58, Elizabeth entered an upscale assisted living facility (ALF). Tragically, two weeks after entering the facility, Elizabeth's son died suddenly of a massive heart attack.

Rehab Assist Management / Interventions:

Rehab Assist, Inc. was contacted by Elizabeth's attorney and trust officer and asked to provide care management services and act as guardian of the person / power of attorney health care.

Interventions /Results:

- Rehab Assist met Elizabeth in order to "establish" a relationship and evaluate her immediate needs.
- Consulted with facility-based counselors, clergy and sought interventions by same.
- Established working relationship with all medical personnel at ALF.
- Provided aggressive intervention to hospitalize Elizabeth for an acute depression approximately one month after her admission to ALF and two weeks after the sudden death of James.

- Maintained contact with family members (grandchildren) providing medical updates and seeking family's opinions.
- Attend all quarterly care conferences.
- Consulted with ALF staff and transitioned to skilled nursing facility (SNF).
- Evaluated specific equipment and rehab needs and facilitated acquisition of same.
- Provide regular written status reports to family members, probate court and trust officer.
- Hired and supervised private duty companion / CNA to augment Elizabeth's care needs.
- Conducted routine, unannounced on-site visits to monitor overall status and quality of life issues.

Results:

Elizabeth currently resides in a SNF. She receives medical and nursing cares appropriate to her condition and needs. Her dedicated, private duty companion sees her 5 hours per day 6 days per week.

She has been hospitalized on three separate occasions with resolution of each admitting circumstance. She continues to have intermittent depressive episodes but it is believed that her overall quality of life is at least stable. Elizabeth's family remains supportive and involved in her care despite their geographical limitations. Family members visit whenever there is the opportunity. Face to face meetings are always scheduled at that time to discuss and upgrade Elizabeth's quality of life.