

Sans Souci:

Patient's Age: 73

Admission Date: 9/27/17

Admitted From: St. John's Riverside Hospital

Discharge Date: 12/8/17

Discharged To: Westchester Assisted Living Center (Prior Residence)

Length of Stay: 74 days

Reason for Stay: Cellulitis

How did this patient hear about Sans Souci? Social Worker at Hospital

Mr. Carl Baird is a 73-year-old male with an admitting diagnosis of cellulitis. At the onset of his rehabilitation program at Sans Souci he presented as very lethargic and responded with very few words, and he was unable to follow more than one or two commands at a time. He loved dabbling with computers, but was very limited at that time. With regard to his physical limitations, Carl required extensive assist of one person for nearly every activity of daily living (ADL), bed mobility and transfers; and he required maximum assistance to dress. He was also only able to ambulate up to 10 feet with a rollator.

When Carl began his occupational therapy program, they focused on addressing strategies to improve endurance, reduce fatigue, strengthen his upper extremity strength and educate him on compensatory strategies, fall prevention and safety. All skilled interventions helped Carl to maximize his functional performance with his ADLs, such as putting on and taking off his pants, socks and shoes, using the bathroom, and even bathing himself. His therapist found that he was most effective when the therapy was integrated with light humor to build rapport and develop a relationship, to maximize Carl's time in therapy. Carl also worked with his physical therapist to increase his capabilities with ambulation and to improve his gait. As the sessions passed, he started to demonstrate significant improvement in all aspects of his care here. He started to be able to follow multi-step commands, and his speech improved. He progressed with his physical capabilities immensely, as he was now able to dress with modified independence, he was able to perform hygiene and grooming tasks completely independently, and was able to use the bathroom with set-up assist. He was able to transfer with set-up assist as well, and he was able to ambulate up to 250 feet with a rollator.

Upon discharge, Carl was in high spirits, engaging in recreational activities, and was able to demonstrate knowledge and utilization of safety precautions, energy conservation and the use of the rollator, as well as use of other devices which would enable him to return home to his Assisted Living Community, to which he was so excited, to return to his friends and loved ones.

We wish Carl only the best in his future progress, and are so proud to be able to see Carl return home and continue to enjoy every day!