

# Rehab at Maristhill

## TREATING THE WHOLE PATIENT – BEYOND THE REHAB CENTER

Delphine LeBlanc may have been 90, but she was alert and lively, with the appearance and energy of a much younger woman. Until she fell and fractured her left hip, she had been living independently in a duplex apartment in Waltham. She had only a few other health issues, none of which seemed to limit her active lifestyle in any way.



Admitted to Maristhill Nursing and Rehabilitation Center on April 14, 2008, Delphine was unable to ambulate without difficulty and, among other things, needed therapeutic exercises, therapeutic activity, neuromuscular re-education and gait training. She required moderate assistance reaching lower extremities when dressing, minimal assistance with transfers, and also required safety training.

During the first week, Delphine worked well with the physical therapy team, requiring less assistance with all functional mobility. She progressed with bed mobility and had improved standing tolerance. By the second week, she had progressed even further and was ambulating well with moderate independence.

By her third week, Delphine was ready for home discharge. Her mobility had significantly improved, inclusive of stair climbing and tub/bath transfer. She was moderately independent in all “activities of daily life” (ADL’s), and was moderately independent with light home management tasks and hot meal prep. The Rehab staff made a home visit and provided recommendations that would help Delphine to make a safe transition to independence once again, such as assistive devices (i.e., raised toilet seat and grab bars), home Physical Therapy and home Occupational Therapy, and homemaker services.

### Beyond the Rehab Center



During her stay, Delphine was aware of the many activities that took place at Maristhill – music programs, exercise and craft groups and gourmet luncheons – but declined to participate in most of them (she did attend Mass). Her refusal, however, didn’t stem from a lack of interest, she noted, but rather from a lack of time! “I could have gone to any of the activities,” she explained. “But I was so busy with therapy and visiting with my family and friends, the days flew by!”

Delphine had many food allergies, and was lactose intolerant, but despite her dietary restrictions, Maristhill’s food service was able to provide her with meals she enjoyed. “The food was great,” she said. “They made sure, right away, that I had Lactaid milk, even Lactaid ice cream!!”

Delphine was also impressed with the caring of the staff. “The people were so friendly... They came to say good-bye to me, kissed me on the cheek or forehead... I sure will miss them all.”

She spoke to staff members on the phone after her discharge, and her voice was full of warmth for Maristhill. **“This place, for me, was the best,” she told them. “I would recommend it to anyone.”**

