

# Fay

The 'More Good Days Wellness Wheel' was used with Fay to understand her goals, the kinds of things she would like to return to doing, and what gives her life meaning and enjoyment. Fay was asked strength-based questions such as *'what are you currently doing independently?', 'what is working well for you at the moment?'* and *'what does a good day look like for you?'* to gain an understanding of what Fay can do and what she likes to do.



Through that discussion, it was identified that Fay does not mind cleaning and she has been managing okay, but following her fall she has lost confidence. Fay has noticed she gets tired more quickly. When asked what is important to her, Fay said she loves to walk in the morning, then usually does a little bit of tidying up and cleaning, before doing her crossword puzzle and sitting down to eat her lunch over the midday movie.

Fay's strengths and what she enjoys doing informed her care plan and goals. Using the care plan as a guide, the first couple of domestic assistance visits involve the support worker undertaking the harder tasks such as sweeping, mopping and cleaning the wet areas. During these visits, Fay focuses on lighter tasks such as dusting and wiping down surfaces. This will help Fay regain confidence, while not impacting her injury. The support worker also provides her with guidance on safe movements for cleaning.

Fay is encouraged to continue to walk, even prompting her to do that on the days that she has no services scheduled to visit. As Fay's confidence and function improve, she is encouraged to do the mopping one day. The approach is altered progressively, encouraging Fay to gradually do more and more tasks.

By the end of the 10 weeks, Fay's confidence has returned and she can clean the kitchen herself. She has also increased her strength and has started walking more often, giving her greater fulfilment and enjoyment. Fay has returned to living independently, no longer requiring help to clean her home.

Adapted from: <https://www.health.gov.au/sites/default/files/documents/2021/01/practical-guide-for-embedding-wellness-and-reablement-into-service-delivery.pdf>



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