**Consolidation answers**

Sandy, aged 82, is recovering from a hip fracture following a fall at home. He has been in a nursing home for eight weeks to ensure he received medical care. His health on admission was further complicated by malnourishment and unmanaged diabetes. It has been decided that he is well enough to move to residential care, where support can be tailored to semi-independent living.

Discuss ways in which Sandy can be supported in the care home.

Indicative content is given below:

**Medical support**

Support with pain management, administering and recording these. Sandy may benefit from support with taking the right amount of the right medication. The care staff will need to record the amounts and time for each dose, to ensure he does not overdose. Pain medication can be brought to Sandy, meaning he does not need to get up and move when he is in pain.

**Physical support**

Support and encouragement with physiotherapy exercises. Sandy will be set appropriate exercises by a physiotherapist which will have timely reviews. Some exercises may be carried out lying flat, seated or standing, while supported by a walking frame. He will experience pain and may be reluctant to continue with the daily plan without encouragement. He may also need transport and a chaperone if appointments with a physiotherapist are at a nearby clinic or hospital.

Support with mobility and care aid(s). Sandy may need support to move from sitting to standing. A fall risk assessment will be carried out and actions taken to reduce risk of further injury. He may also need to be shown how to use a toilet frame, or how to lower himself onto a disabled toilet as in the care home. Any mobility or care aids will need to be appropriately positioned and safely stored away when not in use.

**Daily living assistance**

Sandy will probably need support with bathing, dressing and personal care, especially during the initial recovery phase. His movement will be somewhat restricted, but there are many things he will be able to do himself, and these will increase as his hip recovers. He needs access to care aids such as a shower chair to support him with daily living tasks, and their safe use needs to be explained.

**Support with nutrition and hydration**

Sandy was admitted malnourished and so he will have a special diet and possibly dietary supplements to improve his overall health. These can be provided in a manner that supports his individual needs – they can be brought to his room, or assistance can be given to move to the communal dining area. Recording his food and drink will ensure nutrition and fluid intake are monitored.

**Emotional support**

Sandy should be encouraged to participate and engage with aspects of a care plan. He may become demotivated or reluctant to participate in his own care or to integrate into the social opportunities available at the care home. Empowerment and encouragement may be needed to address his emotional and social engagement needs. Time should be given for Sandy to discuss his feelings with care staff, or a mental well-being GP assessment can be organised if depression symptoms are present.