**Case study – Dora**

Dora is a cheerful and well-loved 87-year-old woman, who was widowed ten years ago and until quite recently has lived alone at home. Her granddaughter, Deb, and home help Mina support her. She’s been able to do most things for herself, but over the past year has become more and more forgetful – like forgetting to turn off the bath, leaving the electric cooker on and losing her hearing aids (never to be found) – which is affecting her safety and was really beginning to worry her family, friends and Mina.

Things came to a head three weeks ago when she had a nasty fall in the kitchen and cut her hand. She stumbled out of the house in great distress and pain, and luckily her neighbour found her – she was taken to the emergency department and stayed in hospital for three weeks until her hand was healed.

Meanwhile, Deb and Mina, with the help of the staff and the social worker attached to the hospital, have realised things cannot go on as they are at home. Dora has asked Deb to discuss her needs with the staff because she is currently feeling very frail. Deb has talked to Dora about the possibility of a more intense care package at home but, due to the severity of the recent fall, Dora would struggle to access basic needs like access to the toilet and washing facilities, which are located on the first floor of her home. With this in mind, and the fact that Dora is in the early stages of dementia, she and Deb have decided the best option would be for her to transition to some kind of residential care.

There is a place for Dora at Spring Bank Care Home, a residential home with 25 individual rooms and trained staff. Dora is happy at this stage to go along with this plan. She has made one visit with Deb to meet staff and look around.

The hospital has started to think about discharge. They will consider Dora’s future care needs. These include safeguarding, delivering person-centred care and collaboration between health and social care professionals. It means there will be continuity of carefor Dora, with no surprises and a smooth move from the hospital to her care setting.

A discharge planning meeting has been arranged to talk through next steps.

**Discussion questions (discuss in groups before watching the video)**

* Suggest what professionals will be attending Dora’s discharge planning meeting and what their roles will be.
* Dora will not be at the meeting, but Deb will act as Dora’s advocate. What is this and why is it important?
* Explain why plans for Dora’s physical recovery will be discussed.
* Dora does not have a Lasting Power of Attorney in place. Do you advise her to do this? Why? Who would be the best candidate?

**Extended questions (answer individually after watching the video)**

* Justify the decision to move Dora into residential care rather than providing additional home-based support.
* Evaluate the effectiveness of the hospital’s discharge planning process in promoting continuity of care for Dora.