

## **Case study - Steve**

Steve (not his real name) is 89 and has macular degeneration plus dementia. When he started to live at Vista's New Wycliffe Home for the Blind he rarely showed any facial expression. He had difficulty dressing and there seemed little that he could do by himself. Staff recognised that he liked to walk so, in order to try to get him to regain some independence they showed him the rails in the garden and walked round with him many times until he was confident enough to walk in the garden by himself.

Still looking for things to stimulate Steve, the manager thought he might like to go on the one of the regular sailing trips the home arranges with a voluntary organisation that supports people with disabilities to enjoy activities. When asked if he would like to go, Steve said he would. When they got to the lake the volunteers helped Steve orientate himself by encouraging him to feel the water, which he loved. The voluntary organisation has hoists to assist people in and out of the boats and one was needed for Steve. The volunteers talked him through every step and he was not anxious at all.

Once sailing Steve started to have a beaming smile. He did not stop smiling all day. The staff at the home have a bit of a joke with him now and say Aye Aye captain to him and he belly laughs with such joy.

## **Case Study - Amy**

Amy (not her real name) is 80 and lives in Vista's New Wycliffe Home for the Blind and had twice lost a hearing aid. The reason for this was that Amy was so worried about losing her aids that she would put them somewhere for safe keeping (forgetting that the best place is back in their boxes). These places might be in the pillowcase of her pillow, wrapped in a tissue on her window ledge or tucked down the side of her chair. This behaviour is not uncommon in care homes and it is easy to understand why it happens as residents want to keep their hearing aids safe. So staff have been made aware of this and now always look inside pillowcases when they change the beds. When a hearing aid gets lost the staff look under the beds, at the back of radiators and down the sides of chairs first! Like other residents with sensory loss, when Amy is without her hearing aids she becomes withdrawn and in a state of ill being. That rarely happens now.