

Client Defies Expectations by Walking and Driving Again

With BAYADA physical therapy, Suzanne Foote regains her independence

Background/Challenge:

At 64 years old, assisted living community resident Suzanne Foote had recently retired. With two grown children and four grandchildren, she wanted to start enjoying her free time. An avid cook and knitter, this active woman never dreamed that one night everything would change.

In October 2014, Foote woke up in the middle of the night, fell, and broke her back. Doctors diagnosed her with a compression fracture and put her in a brace for a while. She was then diagnosed with several other conditions including kidney disease, neuropathy, and joint disorders.

Though still coping with several diagnoses, she was stable until December when she woke up suddenly unable to move. She was brought by ambulance to the hospital and remained there for 10 days. In January, she was transferred from the hospital to a skilled care facility. After a month with skilled care, Foote still could not move. She needed assistance with showering, was still unable to walk and drive, and was only mobile with a wheelchair. In addition to her decline in function and overall health, Foote's insurance was running out, leaving her depressed and discouraged.



Assisted living community resident Suzanne Foote and her BAYADA Physical Therapist Greg Nolan

Solution:

At the end of February 2015, Foote was referred to an assisted living community where BAYADA is the preferred home health care provider. At first, she was completely dependent on her caregivers, requiring assistance getting in and out of bed, as well as in the bathroom and shower.

Three days later, she was put under BAYADA Physical Therapist Greg Nolan's care. He began working with her twice a week for 45 minutes a day on strength training, balance, correct walker usage, and more. With Nolan's guidance, Foote began practicing sit-to-stand transfers from various heights as well as standing and reaching tasks.

By mid-March 2015, Foote needed only minimal assistance to sit and stand and began gait training to walk safely. By the end of March, she was walking 90 feet with assistance and then independently by May, participating in a progressive walking program outdoors and attending daily morning exercise classes.

Outcome:

In mid-September 2015, Foote was discharged with the ability to walk independently, though she still has her walker as a backup. She drives—something she never expected to do again—and is moving to her own apartment to be closer to her children and grandchildren.

Her BAYADA PT attributes Foote's determination as the reason she recovered. "She wanted to be challenged and was vigilant about following the care plan personalized for her," said Nolan.

Though mainly working with Nolan, Foote recognizes all of her caregivers. "I have to give the people at BAYADA 99% of the credit," said Foote. "They pushed me so hard. Now that I know all of the exercises, I can do them on my own."

Although Foote has overcome tremendous obstacles, it's the small things that make her truly appreciate how far she has come.