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## From Fractured Hip to Independence in Occupational Therapy

Following a hip fracture and receiving therapy in a skilled nursing facility, Mrs. Smith, an 86-year old client, discharged home with her daughter. A referral to Halcyon Rehab at Home for Occupational Therapy was received. During the initial visit in the home, the occupational therapist found that Mrs. Smith wasn't able to bathe independently, or make meals as she had upper-body weakness and poor balance. In order to improve her skills in activities of daily living, a treatment plan was developed to address all of her areas of concern, as well as weakness and balance.

After only six in-home therapy sessions, she improved to being able to complete all self-care tasks independently without any loss of balance including bathing, laundry tasks, and meal preparation. A home exercise program was developed to continue practicing on her own. **According to Mrs. Smith's daughter, she independently completes her home exercise program daily, no longer requires assistance from her daughter and is able to live at home independently.**