Occupational Therapy

MID-COST AT LETTER

Date of Letter:23/9/2024

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| Client name | Andrea Berner |
| Date of birth | 26-11-1956 |
| Contact | 0402 704 306 |
| Address | 12 Tamboritha Place, HOPPERS CROSSING 3029, , Australia |
| NDIS number | 431729142 |

Recommendation AT : Aspire A205 Patient Lifter

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| BACKGROUND |
| Andrea is a 67-year-old female diagnosed with Lymphoedema. According to the Australasian Lymphology Association, Lymphoedema is the accumulation of excess protein-rich fluid in the tissue, resulting in swelling of one or more areas of the body. While it commonly affects the limbs, it can also involve the trunk, breast, head, neck, or genital area. Over time, Lymphoedema becomes more permanent and progressive, with increasing fluid accumulation. For Andrea, this condition primarily affects her lower limbs, causing swelling, chronic pain, and recurrent infections, which significantly impact her mobility, transfers, and overall daily independence.  This report will outline how this patient lifter can enhance Andrea's mobility and independence while being a cost-effective solution for NDIA funding.  Regarding her support network, Andrea lives with her daughter, Janelle, in a single-story home in Hoppers Crossing, along with their pets. Janelle serves as Andrea’s main informal support, assisting with bed-to-chair transfers and daily mobility tasks. Formal support includes two support workers who visit on Tuesdays, Wednesdays, and Thursdays, providing a total of 11 hours weekly.  Their primary roles include assisting with bed transfers, showering, personal care, and domestic tasks such as cleaning and home maintenance. These workers also provide essential social interaction and emotional support. Additionally, Andrea receives weekly services from a gardener and handyman and has monthly consultations with a psychologist. She is also supported by an Occupational Therapist for the prescription of appropriate assistive devices.  In summary, this mid-cost Assistive Technology (AT) report aims to review Andrea’s AT needs in line with her NDIS plan to promote greater independence and safety at home and to highlight the benefits of the Queen Elite Hi Lo bed with a Pressure Care Mattress. |

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| NDIS Goals | |
| I would like to be supported to obtain the required ATHM to support my mobility and safety at home and in the community for as long as possible. | Achieved: In progress  Continue Goal: Yes  Service requires:  • Occupational Therapists to recommend appropriate assistive devices such as bed, grab rails, hoist, 4 wheels walker, flooring, and shower chair for Andrea to improve her mobility, transfer, and independence in self-care tasks.  • Occupational Therapist to provide recommendation in home modifications for Andrea to improve her mobility, transfer, and independence in self-care tasks. |
| I would like to be supported to obtain 1:1 assistance with my daily activities to improve my quality of life. | Achieved: In progress  Continue Goal: Yes  Service requires:  • Support Workers to continue provide assistance and supervision for self-care tasks and assist with daily domestic tasks.  • Occupational Therapist to educate support workers on breaking down tasks and energy conservations to better support Andrea’s daily routine. |
| I would like to be supported to obtain the required assistance to improve my social interactions and provide my daughter with a break from her caring duties | Achieved: In progress  Continue Goal: Yes  Service requires:  • Support Workers continue to support Andrea’s needs of social interaction and assist Andrea to access the community.  • Support Coordinator will find suitable groups for Andrea to join. |
| I would like to be supported to develop a healthy diet to lose weight and maintain an overall healthy life. | Achieved: In progress  Continue Goal: Yes  Service requires:  • Support Workers continue to support Andrea in meal preparation.  • Dietician will recommend on meal plans and healthy eating habit for Andrea to lose weight and maintain an overall healthy life. |
|  | Achieved: In progress  Continue Goal: Yes  Service requires:  • Support workers continue provide support and assistance for Andrea’s toileting. |
| Occupational Therapy Goals | |
| To Improve Andrea’s independence in mobility and transfer | OT plan:  • Hire an appropriate 4-wheel walker and hoist for Andrea.  • Recommend appropriate bed and hoist for improving Andera’s bed transfers and decrease the reliance on support workers. |
| To improve Andrea’s independence in self-care tasks. | OT plan:  • Educate support workers, family and Andrea on tasks breakdown and energy conservation strategies.  • Recommend appropriate and relevant assistive devices and home modifications to support Andrea. |
| To improve Andrea’s sleep quality. | OT plan:  • Recommend appropriate bed frame and mattress for reducing her pain throughout the night.  • Educate Andrea and family on sleep hygiene strategies. |

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| FUNCTIONAL CAPACITY |
| PHYSICAL  *Mobility/Transfer*  Janelle reports that Andrea is able to ambulate independently with a walking stick for short distances. She can walk from her bedroom to the ensuite bathroom, approximately 15 to 20 meters. For distances greater than 20 meters, Andrea requires a 4-wheel walking frame. Janelle states that Andrea can use the frame to walk from her bedroom to the hallway, around 50 meters, with Janelle providing supervision to ensure safety. However, the current walking frame is too wide for Andrea to comfortably grasp and maneuver within the house, limiting her mobility primarily to her bedroom. Additionally, Andrea becomes easily fatigued when ambulating and needs to sit down and rest frequently.  Andrea also has a significant fall history; she fell four times last year and had to call an ambulance to send her to hospital. The last fall was on 27-11-2023, Janelle reported Andrea fell on her head and she was worried about causing any brain damage. Andrea reported she fell because she tried to get up from the bed and go to bathroom by herself, but her bed is too low and even broken, she struggles to get up and eventually falls. Andrea’s fall history has indicated the importance of Andrea having a well-supported bed to increase her independence and safety in bed transfers.  Andrea is able to reposition herself in bed independently; however, she experiences difficulties with all other types of transfers. She requires two-person physical assistance from support workers or Janelle to move from a lying to a sitting position on the bed. Additionally, transferring from a sitting to a standing position requires two-person physical assistance, while moving from standing to sitting requires one-person physical assistance.  Need to mention any thing about the importance of purchasing a hoist |
| SENSORY  Andrea reported no sensory regulation issues; however, she is extremely sensitive to pain and touch in her affected limbs due to Lymphedema. She experiences constant pain in her lower limbs, with the skin being very thin and sensitive. Andrea finds it unbearable when others touch her feet, and even lying on a standard mattress causes discomfort as it places pressure on her lower limbs. She mentioned that using an air mattress, which she trialed in the hospital, helped relieve the pressure on her lower limbs and significantly reduced her pain throughout the night. |
| COGNITIVE  Andrea reported that her memory has been impacted by chronic pain and low oxygen levels, making it difficult for her to recall past events and requiring extended time to process and understand conversations. Janelle noted that since a recent fall on 27-11-2023, Andrea's focus and attention have declined; she can become vague and fade out at times. Janelle observed that Andrea was more alert before the fall. Despite these challenges, Andrea reported that her orientation and sequencing skills remain intact, as she can accurately identify time and place and understand the sequence of daily tasks.（Need to update about this, and state how could hoist support her with cognitive and safety. ） |
| COMMUNICATION  Andra has no major concerns in communication, but she sometimes gets confused in conversation due to memory issues. During the assessment, Andrea was observed to repeat the last topic again even though that topic had ended, she needed prompting to come back to the topic that OT and she was discussing. Janelle also reported Andrea needs prompting and break down the conversation in complex or unfamiliar topics. |
| BEHAVIOUR  Andrea has no behavioral concerns, she reported that she gets along really well with her daughter and has a close relationship. |

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| Assistive Technology Trial and Comparison | | | | |
|  |  | Recommended AT | Not recommended AT | |
| AT Model | | Aidacare Aspire A205 Aluminium Patient Lifter | | Aidacare Aspire A150F Aluminium Folding Lifter |
| AT supplier name and contact/website | | Aidcare | | Aidacare |
| Warranty | | Frame: 5 Years,  Electronics: 3 Years,  Battery and Handset: 1 Year | | Frame: 5 Years,  Electronics: 3 Years,  Battery and Handset: 1 Year |
| Feature | |  | |  |
| Total Quoted Cost | | ????? | |  |
| Required OT for training hours | | 3 hours | | 3 hours |

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| Reasonable and Necessary Criteria | | |
| AT Model | Aidacare Aspire A205 Aluminium Patient Lifter | Aidacare Aspire A150F Aluminium Folding Lifter |
| How does this AT assist with achieving participant’s NDIS goals? | Andrea's NDIS goals are:  1. I would like to be supported to obtain the required ATHM to support my mobility and safety at home and in the community for as long as possible.  2. I would like to be supported to obtain 1:1 assistance with my daily activities to improve my quality of life.  3. I would like to be supported to obtain the required assistance to improve my social interactions and provide my daughter with a break from her caring duties.  4. I would like to be supported to develop a healthy diet to lose weight and maintain an overall healthy life.  5. I would like to be supported to obtain adequate continence products to always keep me clean and dry.  The Aidacare Aspire A205 Aluminium Patient Lifter is an ideal assistive technology to help Andrea achieve her NDIS goals of enhancing her independence, safety, and comfort within her home environment. This lifter, with its powered legs and ergonomic handset, facilitates easy and safe transfers, thereby reducing the physical strain on both Andrea and her caregivers. The intelligent diagnostics system ensures the device is always in optimal working condition, promoting safety and reliability. Additionally, its compact and versatile design makes it suitable for home use, ensuring Andrea remains comfortable and secure during transfers. This aligns perfectly with her NDIS goals of improving her independence and safety. | Andrea's NDIS goals are:  1. I would like to be supported to obtain the required ATHM to support my mobility and safety at home and in the community for as long as possible.  2. I would like to be supported to obtain 1:1 assistance with my daily activities to improve my quality of life.  3. I would like to be supported to obtain the required assistance to improve my social interactions and provide my daughter with a break from her caring duties.  4. I would like to be supported to develop a healthy diet to lose weight and maintain an overall healthy life.  5. I would like to be supported to obtain adequate continence products to always keep me clean and dry.  The Aidacare Aspire A150F Aluminium Folding Lifter is not suitable for Andrea because it does not meet her specific needs and NDIS goals. This model supports a maximum weight of only 150 kg, whereas Andrea's weight is about 170 kg. This significant weight difference means the Aspire A150F cannot safely and effectively support Andrea during lifting processes, posing a risk to both her safety and the caregiver's. Additionally, although the Aspire A150F is lightweight and portable, these features do not compensate for its insufficient weight capacity, making it unsuitable for Andrea’s requirements. Overall, it is not able to support Andrea to achieve her NDIS goals of improving independence and safety at home. |
| Value for Money | The provision of the Aidacare Aspire A205 Aluminium Patient Lifter for Andrea represents excellent value for money. This compact and versatile mobile lifter, with its powered legs and ergonomic handset, is ideal for home, community, and facility environments. Its tool-free disassembly makes transportation and storage quick and convenient. The three adjustable height settings and powered leg function enhance stability and accessibility during lifting, ensuring Andrea's safety and comfort. The intelligent diagnostics system tracks usage and service requirements, promoting long-term safety and compliance. Additionally, safety features such as the emergency stop button, emergency lowering, and antientrapment technology further protect Andrea. The robust aluminium frame and industry-leading Linak electronics ensure durability, backed by a comprehensive warranty. This investment reduces the need for 1:1 support, promotes Andrea’s independence, and improves her overall well-being, making it a cost-effective solution for her care needs. | The Aidacare Aspire A150F Aluminium Folding Lifter, although lightweight and portable, does not provide the same value for money as the chosen Aidacare Aspire A205 Aluminium Patient Lifter Andrea's needs. While the Aspire A150F is convenient for storage and transport, it lacks the versatility and advanced features of the Aspire A205. The Aspire A205 offers powered legs for greater stability and accessibility, three adjustable height settings for various lifting scenarios, and an intelligent diagnostics system that tracks usage and service requirements. These features not only enhance safety and functionality but also reduce the burden on caregivers. Given Andrea’s specific needs, the Aspire A205, with its robust capabilities and enhanced safety features, represents a more cost-effective and suitable solution. |
| Effective and Beneficial | The Aidacare Aspire A205 Aluminium Patient Lifter is an ideal solution for Andrea's needs. Its compact and versatile design makes it suitable for use at home, in the community, and in facility environments. The lifter's powered legs provide stability and accessibility, ensuring Andrea's safety and comfort during lifting. The ergonomic handset with an intuitive control panel allows for easy operation, while battery and service indicator lights help maintain regular service schedules. The three adjustable height settings offer flexibility for various lifting scenarios, accommodating Andrea's specific requirements. The quick release yoke attachment allows for efficient and safe handling by busy caregivers. The strong powder-coated aluminium frame and Linak electronics ensure durability and reliability. Safety features such as the emergency stop button, emergency lowering, and antientrapment technology enhance Andrea's safety. The intelligent diagnostics system tracks usage and service needs for compliance and safety. The Tente casters provide maximum under bed clearance and manoeuvrability, making the lifter easy to use in different settings. Overall, the Aidacare Aspire A205 Aluminium Patient Lifter is a robust and user-friendly solution that effectively addresses Andrea’s lifting needs. | The Aidacare Aspire A150F Aluminium Folding Lifter is not effective and beneficial for Andrea’s needs due to its design and weight limitations. Although it is lightweight and portable, the folding mechanism and off-set leg design can pose stability issues during lifting, which is crucial for Andrea's safety. Additionally, the Aspire A150F's weight capacity is lower compared to the Aspire A205, which may not adequately support Andrea during transfers. Given Andrea's specific lifting requirements and the need for enhanced stability and safety, the Aspire A150F does not provide the necessary support and reliability. The Aspire A205, with its powered legs and increased stability features, is a more suitable option for ensuring Andrea's well-being. |
| Life Stage outcomes | Andrea requires long-term support with mobility and transfers due to her physical condition. The Aidacare Aspire A205 Aluminium Patient Lifter is a suitable assistive technology that can provide her with the necessary assistance to ensure safety and independence in her daily activities. The lifter's powered legs enhance stability and accessibility, which will be particularly beneficial as Andrea’s mobility fluctuates over time. Additionally, the robust construction and comprehensive safety features, such as the emergency stop button and anti-entrapment technology, ensure consistent and safe use. The lifter's ability to be easily disassembled and transported makes it adaptable to different environments, whether at home or in a community setting. This flexibility supports Andrea’s potential future needs, providing a durable and reliable solution for her long-term care.. | The Aidacare Aspire A150F Aluminium Folding Lifter is not suitable for Andrea because it can only support a maximum weight of 150 kg, whereas Andrea weighs 170 kg. This discrepancy poses a significant safety risk during lifting and transferring activities. Additionally, the Aspire A150F's lightweight and portable design, while beneficial for storage and transport, does not provide the necessary stability and strength required for Andrea's weight. The A150F's features and capabilities are insufficient to ensure Andrea's safety and comfort, making it an unsuitable choice for her needs at this stage of her life. |
| Appropriateness for NDIS to fund? | The Aidacare Aspire A205 Aluminium Patient Lifter is a great choice for Andrea and is highly suitable for NDIS funding. This lifter is versatile and compact, making it perfect for use at home, in the community, and in facilities. The powered legs provide stability and make lifting tasks easier, reducing strain on Andrea and her caregivers. The ergonomic handset is easy to use, and safety features like the emergency stop button, emergency lowering, and antientrapment technology ensure Andrea’s safety during transfers. The quick release yoke attachment allows caregivers to handle the lifter efficiently, making the lifting experience smoother and more comfortable for Andrea. The strong aluminium frame and high-quality electronics ensure durability and reliability. Intelligent diagnostics help track usage and service needs, ensuring ongoing safety and compliance. With these features, the Aidacare Aspire A205 Aluminium Patient Lifter greatly improves Andrea's mobility and quality of life, making it an excellent option for NDIS funding. | The Aidacare Aspire A150F Aluminium Folding Lifter is not suitable for Andrea's needs, as it can only support a maximum weight of 150 kg, whereas Andrea‘s weight is 170 kg. This limitation poses a significant safety risk for both Andrea and her caregivers. Additionally, while the Aspire A150F is lightweight and portable, its folding design compromises the stability required for lifting a heavier individual like Andrea. The offset leg design, although beneficial for manoeuvrability around furniture, does not provide the necessary stability and support needed for Andrea's safe and secure transfers. Therefore, this model is not appropriate for NDIS funding in Andrea's case. |

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| RECOMENDATION |
| Aspire A205 Patient Lifter  Write more of this. How can it overall support Andrea |

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| Clinician Details | |
| Daisy Wang  A black text on a white background  Description automatically generated  Senior Occupational Therapist  Phone: 0451599130  Email: daisy@happytherapyaustralia.com.au | Add your signature and basic info here |