Occupational Therapy

Letter of Support Regarding Front Door Ramp Access

Date of Letter: 13/06/2024

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| Client name | Andrea Lee-Berner |
| Date of birth | 26-11-1956 |
| Contact | 0402 704 306 |
| Address | 12 Tamboritha Place, HOPPERS CROSSING 3029, , Australia |
| NDIS number | 431729142 |
| NDIS plan date | 10-08-2023 to 10-08-2024 |

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| BACKGROUND |
| Andrea is a 67 years old female who was diagnosed with Lymphoedema. According to the Australasian Lymphology Association, Lymphoedema is a condition where the accumulation of excessive amounts of protein-rich fluid in the tissue results in swelling of one or more regions of the body. Lymphoedema usually affects the limb(s) although it may also involve the trunk, breast, head and neck or genital area. Lymphoedema will progress and then become more permanent and the amount of fluid can increase over time. Lymphoedema mainly affects Andrea’s lower limbs, her lower limbs are swollen, suffers from chronic pain and has developed infection. Therefore, this condition greatly impacts on Andrea’s ability in mobility and transfer and further impacts on her everyday independence. Andrea currently relies on a manual wheelchair to access the community and get in and out of the house. However, the main access of Andrea’s house which is the front door has 2 steps which greatly limits her wheelchair’s accessibility and creates a high fall risk.  Andrea has a portable ramp installed at her front door as a temporary measure. However, this ramp presents significant safety risks due to its narrow and unstable structure, which cannot adequately support the weight of her wheelchair and the stretcher used by the SES ambulance team. Andrea has experienced five falls in the past six months, attributed to her medical condition. She reports that attempting to rise from bed causes her swollen legs to buckle under her weight, resulting in severe pain and subsequent falls. In addition to her elevated fall risk, Andrea is a bariatric patient weighing over 160kg, necessitating manual handling and transfer to the hospital by the SES ambulance team after each fall. The ambulance team has expressed concerns regarding the temporary ramp, citing its inability to safely accommodate the stretcher and support the required weight. They have indicated that they may need to suspend ambulance services for Andrea until a safe and reliable permanent ramp is installed to ensure the safety of both Andrea and the ambulance crew.  It is recommended Andrea will have a permanent wooden ramp (max 1:14 gradient) installed on her front entry, the cost of the material and installation fee would be $1200 and fall under the category of low-cost AT. By having the permanent ramp, it will improve Andrea’s mobility, and accessibility to the community and ensure the safety of wheelchair access, manual handling, and all transfers. The provision of the permanent ramp also fits Andrea’s NDIS goal of “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”. |

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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 wheel walker, flooring, lifting devices, and installation of ramp and shower chair for Andrea to improve her mobility, transfer, and independence in self-care tasks. * Occupational Therapist to provide recommendations 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 providing 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 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 a overall healthy life. |

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| * I would like to be supported to obtain adequate continence products to always keep me clean and dry. | Achieved: In progress Continue Goal: Yes Service requires:   * Support workers continue provide   support and assistance for Andrea’s  toileting. |

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| RECOMENDATION |
| The writing occupational therapist strongly recommends the permanent wooden ramp (max 1:14 gradient) to improve Andrea’s mobility, and accessibility to the community and ensure the safety of wheelchair access, manual handling, and all transfers. By installing the permanent wooden ramp (max 1:14 gradient), Andrea will achieve the “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”. Without the permanent ramp, Andrea has a high chance of deterioration in both her physical and mental health, as her community access will be greatly limited which can lead to social isolation, and she will be prone to high fall risk and being neglected by the ambulance services. |

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| Clinician Details | |
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