

Media Release

IMMEDIATE RELEASE
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Betty back on track thanks to ACH Group

Betty Schmidt, 83, is back playing bridge with her friends, walking her dog and living independently at home thanks to a Transition Care Package with ACH Group.

Betty fell and fractured her hip last year at home and was admitted to the Royal Adelaide Hospital where she spent two months before being transferred to Calvary Hospital's Cottage Grove for rehabilitation. Following this Betty returned home with help from a community Transition Care Program (TCP) with ACH Group.

"When Betty started on the TCP she was restricted in her independence due to pain and limited mobility in her right hip," says ACH Group Health Services Team Leader Sarah McMullen-Roach. "She was dependent on a rollator frame for the majority of her mobility needs and needed help to support all activities of daily living."

As part of the program, Betty received physiotherapy, occupational therapy, nursing input and fitness leader support. When she first returned home, she had a support worker coming every day to help with showering and dressing. Betty remained on the program for a period of three months during which time she made significant gains. "She returned to using a walking stick indoors, walking with a walker outdoors and walking her dog. She is now independent thanks to assessment and training with our occupational therapist and through some environmental adaptation including hand rail in the bathroom. She now lives completely independently without any support and continues doing her exercises to retain strength."

Betty said she was pleased to be back doing the things she loved. "ACH Group was just wonderful, I had someone coming every day to show me the exercises, which I still do, and they showed me how I could get back to doing what I have always done. Three months away from home is a very long time and they made it so much easier for me. I'm most happy that I am back playing bridge with my friends because I really missed it when I was away."

* End Media Release*

About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952. As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities. Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

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