

Meet John

John is a 67-year-old man, living alone in Adelaide, SA.



And this is how we helped him build well-being and independence after his Traumatic Brain Injury.

The Impact of TBI

After being discharged from hospital, John faced complex health challenges, primarily related to his Traumatic Brain Injury. John was experiencing loss of appetite because of his TBI, which was causing him to lose weight at a concerning rate.



Underlying Risk



The concern for unpredictable falls had become a significant issue, demanding constant supervision and assistance from a dedicated support team.

Supports

John required assistance with various daily functions, including non-verbal communication, and support with personal care and hygiene.



John's Goals

Kindess took a person-centred approach to empower John to be at the centre of decision making and in choosing his supports. We listened to John, understood his limitations, and applauded his strengths. In doing so, we established the following goals.



To enhance John's non-verbal communication.



To establish personal care routines.



To minimise the risk of falls.



To foster his independence and social connection

Our Approach

Regular communication with John's healthcare professionals facilitated a thorough understanding of his condition, leading to the development of a support plan covering physical health, emotional well-being, and community engagement.



Adaptability



We focused on implementing strategies to enhance John's non-verbal communication, enabling a better understanding of his needs and preferences.

Stronger Foundations

Personal care routines were established to uphold John's dignity and comfort while minimizing the risk of falls.



The Outcome



Within a few months of intervention, John experienced a noticeable improvement in his overall well-being. Through the dedicated efforts of the care team, John gained weight, reflecting an enhancement in his physical health.

He exhibited increased energy levels and demonstrated a renewed sense of engagement with his surroundings.

A significant milestone was John's ability to venture out into the community to visit family members.

John's story is a testament to the impact of personalised care and a dedicated support team in enhancing the lives of individuals facing complex health challenges.

Interested to
explore how
we might
help?



Kindess

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Web: Kindess.com.au