

Henry's story: Older people with frailty and dementia



- ◆ Henry is 87 and has lived in Croydon his whole life. He and his wife loved the proximity to London and used to spend their weekends visiting art galleries, going to the theatre and walking along the Thames. His wife died suddenly 13 years ago and never having had children, Henry reached out to social care to help make life easier. They support him with getting regular eye check ups, help bring in food supplies and keep him company for 2 hours every week. He repeatedly emphasises to his carers that he renovated and extended the terraced home himself and can't imagine living anywhere else.
- ◆ Henry's health has been steadily declining after a minor infection over the winter. He has been seen regularly by a rehabilitation team to enable him to get back home and remain independent but he gets exhausted easily. He made the difficult decision to move his bedroom downstairs in his house to help avoid using the stairs any more than he might have to.
- ◆ His carers have started to notice Henry is not as chatty as normal and seems to forget who they are and why they are visiting. Henry is not able to keep track of things as well as he has used to and sounds like he is having problems with his language.
- ◆ Last week, Henry had a small fall at home. Luckily his neighbour was visiting for a cup of tea and was able to call an ambulance. He was taken to A&E where he was found to have sprained his wrist. He is due to attend his first out-patient physiotherapy appointment tomorrow at Croydon University Hospital.