



## Back to Life and Back to Work with Rehab at Williamstown Commons

*Providing care with promptness, sensitivity, respect compassion, and integrity.*



Marilyn Moreau with Linda Daigneault, PT, (left) and Seraphine Ndegwa, OTR (right)



### Case Study

At the age of 89, many people would be slowing down and perhaps enjoying retirement. But, not Marilyn Moreau, of Williamstown, who jokes that she has sons who have retired, but she wouldn't even think of it. In fact, it was at the age of 62 that Marilyn completely reinvented her career after taking computer courses at the former North Adams State College. In spite of her age, she felt right at home before the first class when she surprisingly heard the voice of her grandson calling her to "sit over here" at the desk next to his. Today, she is an invaluable asset to the Elder Services of the Berkshires Meals on Wheels program, for which she prepares the information for transporters ensuring those in need receive their meals. However, it was at work on August 3<sup>rd</sup> when Marilyn tripped on a rug and took a hard fall, leaving a gash above her left eye. She was taken to Berkshire Medical Center to address the cut, but it wasn't until the next day that she realized she had injured herself elsewhere. Unable to walk the following day with serious pain in her left leg, she was admitted to North Adams Regional Hospital. Emergency Medicine Specialist Oscar Rodriguez, MD, examined Marilyn and recommended rehab in an environment to serve as a bridge from hospital to home. She chose Williamstown Commons for that perfect combination of nursing and rehab specialization.

### Interdisciplinary Team Treatment Plan

Upon her arrival at Williamstown Commons on August 4, she became a full regimen of daily physical and occupational therapy.

### Physical Therapy

- When Marilyn arrived, she was unable to walk and was only partially weight-bearing. Therapists helped her improve her leg strength with weights and stretching.
- Marilyn improved her balance with standing exercises and then progressing to ambulation with the use of a walker, then with a cane.

### Occupational Therapy

- OT was critical to achieve a greater level of independent functioning to help her transfer and improve ADLs.
- Upper body strengthening with weights and hand-eye coordination exercises and work in the OT Kitchen further improved her abilities to regain her independence.

**Outcome:** Eager to return to life and to work, where her coworkers are as eager to see her return, Marilyn was discharged for home on August 26.

**In the Patient's Own Words:** "The staff is great, PT and OT therapists are extremely efficient, but they're still fun. They keep it light while doing serious work. I definitely would recommend Williamstown Commons."

**For Referrals, call 413-458-2111**

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