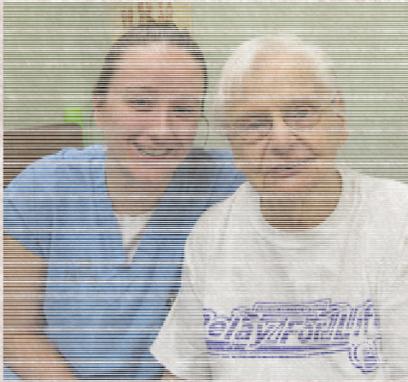


*Providing care with
promptness, sensitivity,
respect, compassion, and
integrity*



Theresa Dapper with Williamstown
Commons OT Shannon Tweed-Kent



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Williamstown Commons: “I Feel Like They Gave Me My Life Back”

Case Study

82-year-old Theresa Dapper, of Adams, describes herself as fiercely independent. For years, she has remained very active, enjoying the outdoors in her native Berkshires, fishing and hunting with her daughter. Until, this year, when she suffered an unfortunate fall, striking her head on pavement. The injury was so serious that she was airlifted to Albany Medical Center for a sub arachnid hemorrhage and a skull fracture. Theresa recovered from a critical state, but the impacts of the accident left her with memory problems and without the ability to walk or function on her own. She needed rehabilitation.

She chose Williamstown Commons.

Interdisciplinary Team Treatment Plan

Upon her arrival on April 18, Theresa began a full regimen that included six days of Physical and Occupational Therapy:

Physical Therapy

- Six days per week of PT included the use of weights, extensions and exercises to strengthen her legs
- Walking exercises for Theresa to progress to ambulating on her own with the use of a walker

Occupational Therapy

- OT included weights for his arms to improve her strength, essential to perform ADLs and other necessary tasks. Therapists worked with Robert on exercises to improve his hand-eye coordination.
- Therapists worked with Theresa on memory exercises to improve her brain function

Outcome

Theresa was discharged on June 12, eager to return home with the help of a home health aide and her daughter, Diane. Along with the professional staff at Williamstown Commons, she credits her daughter and her physician, and Dr. Benjamin A. Rudin, MD, of Adams Internists for being there for her every step of the way.

In the Patient's Own Words

“Without the rehab department (at Williamstown Commons), I wouldn't be where I am today. It's like a well-oiled machine. Everyone has their role and they do it right. I made a goal for myself to be able to walk with a walker on my own and they helped me get there. I feel like they gave me my life back.”