



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



Jean Dunn with Fairview Commons' Alexis Stiffler, COTA at the all-private room Rehab & Recovery Wing



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“Private Rooms are Beautiful” at Fairview Commons

Case Study

After graduating from Boston University, then-22-year-old **Jean Dunn** went with a friend to take a summer job at the former Berkshire Inn in Great Barrington. That's where she would meet her sweetheart and this city girl would make the Berkshires her home, raising three daughters who all still live in the area. It was just before Christmas when Jean, now 79, fell at home and couldn't get up. Finally, she received help and was taken to **Fairview Hospital** where it was discovered that she had broken her tailbone. She stayed three weeks in the hospital to allow the fracture to heal and to receive rehabilitation services within the hospital setting. Still, as her time at the hospital wound down, she would still need help to allow her to regain her strength and abilities to get back on her feet and back home. Jean said it “was an easy choice” to come to all-private room **Rehab & Recovery Wing at Fairview Commons** to her serve as her bridge between hospital and home.

Interdisciplinary Team Treatment Plan

After arriving at **Fairview Commons** on January 4th, Jean began steadily regaining her strength with daily physical and occupational therapy along with skilled nursing care that helped manage her pain.

Physical Therapy

- Therapists helped Jean regain her flexibility in her legs and lower body with hands-on stretching, encouraging movement.
- With the use of weights and resistance on her feet and legs, therapists helped Jean strengthen her lower body. Standing exercises helped with balance and strength.
- Ambulating with the assistance of a walker improved and she progressed by walking for longer distances and with less and less assistance.

Occupational Therapy

- Upper body strength work would allow Jean to be more mobile with the use of a walker. Therapists used weights, stretch bands, and other resistance.
- Hand-eye coordination exercises helped Jean reacquire basic skills needed for independent living.
- Work on ADLs, particularly to improve bending to reach low and high areas, was important in encouraging her injured back to regain its flexibility.

Outcome: Jean continues to improve her abilities to resume an independent life. With so much of her family nearby, she has plenty of support. She looks forward to enjoying a healthy 2011 and not missing any of the holiday season like she did in 2010.

In the Patient's Own Words: “The staff is very careful to make sure you are comfortable. The private room is lovely. It's beautiful with a great view.”

