



## Find out about how the Dyspnoea Pathway improved Frank's wellbeing

Frank (67) was referred through the Dyspnoea Pathway following a recent admission to hospital. He had experienced complications with Chronic obstructive pulmonary disease (COPD) and a fall in his home which had shaken his confidence. Adding to this was that, like everyone else in Melbourne, the impact of the Covid lockdown made Frank's social confidence fall even further. Frank had lost confidence in getting out and about and was hesitant to engage with new services and explore interests.

The Dyspnoea Pathway's Community Navigator Sarah, met Frank in his home and completed a psychosocial assessment with Frank at his pace, allowing an open conversation where Frank had the opportunity to talk about his supports needs as well as his interests and goals.

Outcomes from the assessment included:

- Frank being linked into his local council for personal care and shopping assistance, to support his confidence to engage in these activities safely.
- An Occupational Therapist assessed Frank's home and recommended installation of rails and other modifications to instil a sense of safety for Frank in his home.
- A referral to Community Transport, to help Frank get to his various medical appointments in a cost-effective way.

These supports helped Frank with doing everyday things but there was another aspect to Frank's situation that needed addressing. Frank was in danger of becoming isolated and lonely. To address this, Sarah found a local

Men's Shed and attended the first session with Frank, introducing him to the Shed Leader and other members in the group.

Sarah debriefed Frank after the first session at the shed and helped him process his fears about getting there, interacting with the men there and what he felt he could contribute. Sarah also assessed the physical layout of the Men's Shed to ensure that Frank would be able to negotiate the space.

This all helped reduce Franks concerns and he reported it had helped him manage his shortness of breath and condition better.

A referral was also made to Friendly Visitor Program so Frank would be matched with a like-minded individual who would attend Franks home fortnightly for a cuppa and a chat, Sarah attended the introductory session between the two as a support to Frank.

On completion from the Dyspnoea Pathway Frank reported to Sarah that he felt much safer in his house, he felt his independence has been respected and supported and that he was enjoying welcoming new members to the Men's Shed where he is now a regular attendee. Frank stated that whilst his body might be changing and presenting challenges, he could adapt to this and still live a meaningful life.