

Case Study:

Ellis is a 75-year old retired Physician. He was admitted to the hospital in 2015 where he required intensive medical and surgical interventions, resulting in an amputation of the left lower extremity above the knee. He underwent inpatient rehabilitation, but now lives independently with the assistance of his housekeeper who attends to all household duties. Although he is divorced, he has the full support of his two sons, both of whom live in New York.

Because Ellis is a retired doctor, he decided that he could address all relevant medical concerns. The real concentration of need was in learning how to adjust to his new physicality, and the ancillary issues associated with it.

Advocare began by conducting a Home Safety Assessment report that examined all areas of Ellis's home, and recommended modifications that would enable him to move through it freely and safely-either with his prosthetic or a wheelchair. It also included safety precautions that would need to be implemented to minimize the challenges he would now face.

Strength training was a necessity, as Ellis would need more upper body and core strength to transfer himself from a seated position into a wheelchair. In addition, he would need help in learning how to ambulate while wearing a prosthetic. Advocare's Certified Personal Trainer worked with Ellis on building his strength and confidence, all the while keeping his family informed of any setbacks or progress.

In 2017, Ellis received the devastating news that he had cancer. After surgery, it was confirmed that it had spread throughout his body. While in the hospital, Advocare made frequent visits to monitor his status and strategize a post-discharge plan. Getting his mail, assisting with bill pay, and placing him in a suitable rehabilitation facility were services also provided.

Months later, Ellis was able to attend his son's wedding, due, in part, to Advocare's ability to arrange for care management services for him in New York.

Ellis has a long battle ahead. With no family in Florida, it is a relief to them to know that he won't have to face it alone.