



"I couldn't walk when I first came and now I can!"

-Nellie Childs

Another Success Story from Kentmere Rehabilitation

Nellie Childs

How do you get to be 93 yrs old and still living at home independently? Perseverance is the answer. This is the lesson we learned at Kentmere Rehab from Ms Nellie Childs.

Like all of us past a certain age, Ms Childs had to go to the bathroom in the middle of the night. While walking to the toilet, her knee buckled and she sustained a fall. The results, a left femur fracture. Because of the severity of her injury, after surgery, she was only allowed to put 50% of her weight through her left leg to walk. This of course would be difficult for many adults to maintain, but at 93, was a real struggle for Ms. Childs. It would take her just under 8 minutes to walk about 10 feet. Very effortful, tiring and not functional.

Every day, with a smile and great attitude, Ms Childs persevered and

kept practicing her transfers from a chair and her gait skills until she was finally able to ambulate with confidence and decreased her time down to only 1min.

She took advantage of all the education the therapists gave her regarding dressing techniques, using adaptive equipment to be independent again. She learned how to modify her kitchen for easier

access of commonly used items and became independent again with simple meal prep.

Just like the story, The Turtle and the Hare, Ms Childs perseverance paid off and she was able to return home with the support of her son and daughter in law, winning the ultimate race to return home again!

