Why do I need postural care?

Tommy’s Story

My family, supporters and I are proud to share my story

By: Bas Jansen (Physiotherapist)
Since birth I have been fully dependent on others for all my needs.
People have looked after me with a lot of care and always have done their best to ensure I was comfortable and as happy as possible.
In 40 years my body had changed a lot which made looking after me even more complicated.
Sitting had become more difficult and caused significant discomfort after some time.
Eating became a real problem in this position
I already had real difficulty swallowing, which was even harder in this position.
It was also difficult for the support staff to hold my head upright when I had a drink or a meal
Lying was nice at first but became very uncomfortable in time, because I was always lying in crooked postures in which many of my joints were stressed.
I was unable to roll over to make myself comfortable, so I would wake up 5 to 6 times per night and then ......
...........I moaned noisily.....

every 2-3 hours in order to get the attention of the night staff, who were then required to reposition me and make me comfortable again
I almost never had a good night sleep.....
Lying in crooked positions became very uncomfortable in time and additionally it worsened my body shape even further!
To prevent my body shape from getting worse and to increase my comfort in the day and at night, I need to be provided with good postural care in lying and in sitting
My supporters are experts in Postural Care ... trained by Bas and they know me really well

I trust them - they know what's best for me day by day and in the night when there's no-one to ask
My postural care plan is simple:

It is more:

• Symmetrical
• Supportive
• Comfortable

In lying & sitting
This is the result of 2 years gentle and respectful postural care...

my achievement and that of my expert supporters!

Many thanks to you all!!
In Lying: from this to this

Now I am more comfortable and often sleep through the night
In Lying: from this to this

The swelling of my feet has reduced at night now that my legs are raised
In Lying: from **this** to **this**

And I am in the best position to manage my reflux
In Lying: from this to this

I don’t need to be turned at night and don’t slide down the bed as much
In Lying: from this to this

My body shape now is protected and is even slowly improving!
In sitting: from this to this

My improved body shape means I can sit in a better position
In sitting: from this to this

This has made eating easier for me and my support staff
In sitting: from *this* to *this*

I am more comfortable when sitting and I can sit for longer periods
In sitting: from this to this

Tilt in space allows for change of position and gives me some pressure relief.
Good lateral supports and a firm pelvic strap ensure I am maintained in a comfy upright and more symmetrical position.
Measurements of my body shape are taken and monitored to confirm body shape changes.
Painful and ineffective stretching programs for my legs and trunk are not required any more since I have been lying and sitting in supported and straighter positions for many hours of the day.
This goes to show......

That postural care in sitting and lying by my expert supporters has improved my health, comfort and quality of life...

and has given me a brighter future!
Thank you for listening