

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



Mildred Caprari with Caitlin Grant, PTA, (above) and working on hand-eye coordination with Cindy Godfrey, OT



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Renewed Strength and Independence with Williamstown Commons Rehab

Case Study

For **92-year-old Mildred Caprari, of Clarksburg**, it happened suddenly. Her legs just simply gave way and the fall led to an immediate trip to **North Adams Regional Hospital**. After further testing and fear that she had suffered a slight stroke, Mildred was transferred to **Baystate Health Medical Center in Springfield**. A team of physicians at **Baystate** conducted a CT Scan and discovered that Mildred had suffered bleeding in the brain and was treated through a team that included hospitalist **Ashita Talsania, MD**, neurologist **Paul Walting, MD**, and physiatrist **Julio Martinez-Silvestrini, MD**, of **Baystate Physical Medicine and Rehabilitation**. Her condition improved, however, Mildred would need a combination of rehabilitation and a skilled nursing environment in order to help her get back on her feet and on with a high quality of life. Mildred chose **Williamstown Nursing & Rehabilitation Center** for the best of both worlds.

Interdisciplinary Team Treatment Plan

After arriving at **Williamstown Commons** in early November following her stay at Baystate, Mildred began a regimen of daily physical and occupational therapy.

Physical Therapy

- Therapists worked with Mildred on increasing the strength in her lower body with goal-oriented stretching, the use of weights and exercises to work her muscles.
- Standing and balance exercises allowed her to further regain her bearings.
- Ambulation with the assistance of a walker and wheelchair progressed to walking with just the use of a walker.

Occupational Therapy

- Upper body strengthening with exercises and the use of weights enhanced her abilities, particularly to improve her ability to use her walker.
- Hand-eye coordination exercises improved reflexes and abilities to perform household tasks.
- Work with occupational therapists on ADLs helped Mildred regain her abilities to perform those essential activities with greater independence.

Outcome: Mildred was discharged on December 20th, eager to get back into the flow of activities she takes part in at the **Clarksburg Senior Center**, including exercise classes, walking class, BINGO and other activities. **Williamstown Commons** ensured that she has the strength to do all those activities. She was also able to keep her BINGO game sharp at **Williamstown Commons**. She also looks forward to cooking her own meals again and just getting back to the daily routine.

In the Patient's Own Words: "The staff has been excellent. They're fine people."

