

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



In sitting: from **this** to **this**

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

