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Long-Term Care Resident Going Home Thanks to Convalescent Care Program Part 2 – Jeanette Gravelle’s Story

In this LHINfo Minute, we take a look at the second of two patient stories that have been brought to our attention. Jeanette Gravelle’s visited the [Trillium Villa’s](#) convalescent-care program and has experienced significant improvements in her quality of life - so much so that she is leaving long-term care and returning home.

Jeanette Gravelle’s Story

When Jeanette Gravelle came to Trillium Villa Jan. 29 to join the home’s convalescent-care program, she had challenges moving her right limbs, following a stroke. Today (March 25), she is leaving the Sarnia long-term care home and moving in with her daughter, thanks to the success she reaped through the program.

Prior to coming to Trillium Villa, Gravelle had been in hospital for three months. Her journey to recovery began during her hospital stay and was ramped up at Trillium Villa team, she tells S&R Today.

From Day 1, Gravelle was determined to improve her mobility. She immediately began working with restorative-care staff and physiotherapists on improving her abilities to perform activities of daily living, as well as walking and range-of-motion exercises three times per day.

Gravelle began to see improvement before long, especially with her fine-motor skills. For example, when she came to Trillium Villa she had difficulty picking up coins, which she is once again able to do.

Setting simple goals — such as being able to touch the tip of her nose — Gravelle followed through on achieving them, with staff members helping her along the way.



Jeanette Gravelle (right) is seen here next to Trillium Villa Rehabilitation Aide, Rosario Coleman.



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While she was a strong advocate for her well-being, Gravelle admits she was still surprised at how well she managed. “I’m pleased that things turned around, because (the doctors) weren’t very encouraged by the results after I had my stroke,” she says. “My speech has also improved and I’m walking now. . . . Without the people at the hospital and the physiotherapy people (at Trillium Villa) I wouldn’t have accomplished this.”

The patience Trillium Villa’s restorative-care staff showed Gravelle during her recovery also made a difference, she adds. Trillium Villa rehabilitation co-ordinator Shannon Waller is applauding Gravelle for her hard work and her determination. “She was motivated to improve her independence, and she has made the improvements she set out to do,” she says.

Trillium Villa’s convalescent-care program provides stays for people up to 90 days. Participants receive physiotherapy and restorative care five days per week.

Thank you to [Deron Hamel, story author](#); Trillium Villa and The Steeves & Rozema Group, for providing excellent patient care; and Jennifer Allison, for bringing the stories to the attention of the ESC LHIN.

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For more information about the Erie St. Clair LHIN, please visit: www.eriestclairhin.on.ca

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ABOUT THE ESC LHIN

The Erie St. Clair LHIN is a Ministry of Health and Long-Term Care agency that plans and pays for health care services totalling a billion dollars a year in our region alone – everything from hospitals to Meals on Wheels.

The Erie St. Clair LHIN strives to make the health care system better by understanding and responding to local needs and by getting services to work together more efficiently. That’s how we’ll all get better health care, while saving money and making the system sustainable for our children and grandchildren.

Jeanette Gravelle credits Trillium Villa staff for helping her on the road to recovery



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