PAULINE

Female aged 53 years

Suffered severe stroke

In residential accommodation

Diagnosis of learning disability

CLIENT'S BACKGROUND

This client was referred for therapy by care staff who were concerned because of her depression and poor quality of life. She had a diagnosis of learning disability and had suffered a severe stroke after she was moved into a Residential Home, following the death of her mother, 2 years previously. Her father had passed away some years before and her brother and sister lived some distance away in another town. She was supported by a small team of care staff and spent her day in a custom-built armchair. Prior to her stroke, she had enjoyed visits to the swimming pool and to the local park. Lack of adequate transportation meant that outside visits were impossible. Her sister visited as regularly as she could. Staff team believed that the client could understand what was said to her. The occupational therapist had suggested exercises for impaired circulation.

INITIAL ASSESSMENT

- Breathing laboured due to Lung congestion
- Non-functioning right hand
- Resistant when others tried to wake her from sleep
- Both eyes inflamed and infected.
- No speech or vocalisation
- Medication for epilepsy - myoclonic seizures – (brief, shock-like jerks of a muscle or a group of muscles)
- Oral bypass surgery as a direct result of her stroke, to correct functioning of her impaired digestive tract
- Direct feeding, bypassing the mouth and oesophagus via a PEG (percutaneous endoscopic gastrostomy), a procedure in which a flexible feeding tube is placed through the abdominal wall and into the stomach, allowing access for nutrition, fluids and/or medication.
- Continual drip feed which bleeped at regular intervals throughout the day.

Factors affecting communication

Bereavement**:** At a subtle energy level, the emotional trauma sustained (death of her mother prior to her stroke) would have impacted her heart and its function. At a physical level, research demonstrates that emotional wounds and trauma seriously damage the neurological pathways of the brain.

- Oral bypass – This would mean that the client would no longer be able to enjoy the social interaction associated with meal times.

- The client's physical impairment and the fact that she was no longer able to enjoy meal times would impact on her thought processes and feelings, causing her to shut down mentally and emotionally.

- Sleeping for long periods during the day can be an indicator of an escape from emotional trauma and her current unhappy circumstances**.**

Suggestions to improve home environment

Attention needed to create a more harmonious and peaceful environment. Client's bedroom was in a neutral colour and impersonal. The window was closed although it was a warm day. The radio was tuned to Classic FM which is regularly interrupted by advertising jingles.

- It was therefore important with the help of her sister to encourage Pauline to personalise her room through the choice of photos and significant objects which would evoke memories of happier times with those she loved.

- Once her colour preference was established - to decorate her bedroom in her favourite colour and/or have furnishings in that colour.

- Appropriate use of colour and fabric creates a peaceful space. Colour evokes memory, lifts the mood and enhances the environment. To ask care staff to suspend a swathe of translucent material in Pauline's favourite colour from the curtain rail in her bedroom. On a sunny day when the window is open, the light would enhance the colour of the material. Breeze from the open window would facilitate movement.

- To turn off the television if no one is watching it. Reducing background noise assists focus and enables the client to identify specific sounds in the environment e.g. the speech of others, the ring of the doorbell etc

- In warmer weather, to open windows for fresh air. The client has breathing difficulties. It is therefore important to oxygenate the room to allow fresh air to circulate

- Place plants in the room which will oxygenate the space and positively energise the environment

- Provide adequate storage, clear away clutter and/or unwanted items in the living areas.

- Remove silk or dried flowers from the environment. Replace with fresh flowers of choice (each flower has its own signature fragrance). Specific flowers with their fragrance and colour allow memories to surface and offer healing. Introduce different flowers to establish client's preference.

- Place the client's chair by an open window on warmer days in spring and summer to improve her sensory faculties. Allow her to feel the breeze on her face and to hear bird song and the buzz of bees, (a connection to the natural world.)

- To endeavour to obtain funding for transport to offer opportunities for the client to be taken out of her limiting home environment.

Recommendations to improve awareness
Music, Colour and Fragrance

Music has a healing effect and provides opportunities to recall memories associated with earlier happy times. To speak to the client's sister to identify her favourite music prior to her stroke, what music was played at home during happy family times prior to the death of her mother

- To offer a diversity of music to discover Pauline's preference. Important not to make assumptions based on staff preference

- To discover fragrances that evoke memory i.e. mother's perfume, specific flowers, herbs, favourite cooking smells etc

Colour has a healing effect. We observe colour as the rainbow spectrum. Each colour resonates at a specific vibratory frequency and corresponds to a specific chakra (energy centre) of the body and links to a specific anatomical area. For example, the solar plexus chakra positioned in the centre of the abdomen links at the physical level to emotional response through the digestive system and at the higher level to peace and stability. In health, it is observed as a clear, golden yellow. We are able to feel the vibration of colour as well as appreciate it visually.

- To speak to Pauline's sister to discover Pauline's colour preference.

- To confirm Pauline's colour choice by presenting her with different colours from the rainbow colour spectrum and observing her response.

SUGGESTED PROGRAMME OF CARE
Energy Alignment with Toning

Energy Alignment

Cells and molecules have their own magnetic properties and will therefore magnetise to an accelerated frequency. The subtle energy field (electromagnetic field) is the envelope of subtle energy which nourishes the physical body. Energy field alignment forges a connection with the higher intuitive pathways beyond the cognitive faculties. Regular practice rebalances the physical body, stabilises the emotions and takes anxiety from the mind. It is a principle of holistic healing that energy follows thought, therefore where we place our attention is key; the Emerald Alignment is a method which focuses upon a specific wavelength of colour visible to the human eye.

- To train members of staff in the understanding and benefits of energy field alignment. To offer mp3 of alignment method.

- Daily practice of energy field alignment in the morning and at bed time .

- Positive subtle energy flow will nourish physical body.

- Assist balance and flow and begin to forge a connection to the creative, intuitive faculties beyond cognitive impairment, to restoring neural pathways in the brain.

Toning Alignment

Rainbow Chakra Tones

Toning is an ancient and powerful method of healing with the voice. Each chakra tone has a unique function and resonates within a specific chakra (energy centre) of the body. Each chakra governs a specific anatomical area, corresponds to the vibration of a specific tone and resonates with the frequency of a specific colour on the rainbow spectrum. The vocal tone spectrum creates a rainbow of colour and sound to strengthen and balance the auric/electromagnetic field. There are eight tones, one for each major chakra with two tones for the base chakra.

Toning is simple, safe and effective. The toning process cleanses and balances the subtle energy systems of the body. Detoxification takes place within the body systems via the central nervous system, brain, organs and tissues, reducing stress and disorder and improving thought processing and verbal clarity.

Staff were asked to repeat specific tones from the Rainbow Chakra Toning system, suggested by the therapist and to observe client's response to the tones.

Therapy Sessions

- Requested that the PEG be disconnected during therapy sessions because of the intermittent bleeping which is a distraction.

- It is important to respect the fragility of client's subtle energy field. To repeat each chakra tone gently, from the base to the crown of the head.

- The vibration of each chakra tone has a vibratory impact on specific anatomical areas of the body. As each chakra tone is repeated, the client's positive and negative responses were closely observed

- Repeat the Throat tone – 3 times after client's daily energy field alignment for maximum effect.

- Repeat Heart tone– 3 times after client's daily energy field alignment practice

- To play Jim Reeves, Daniel O' Donnell and Barry White - CDs identified by the client as her favourite vocalists, regularly played at home by her parents in happier times. The client would benefit from the melodious and harmonious vibration of these specific male voices.

- Her favourite song was Edelweiss from the Sound of Music which was sung and played for her.

POSITIVE RESPONSES OBSERVED BY STAFF

- Improved quality of life.
- Eye infection cleared
- Improved communication - improved trust and confidence in self and others.
- Positive response to the throat and heart tone client vocalised on hearing the tone and smiled.
- Throat tone /OO/- positive response - licked lips and endeavoured to repeat the tone, smiling
- Heart tone /HA/- positive response – eyes widening, held gaze. Spontaneously placed left hand over her heart.
- Staff singing Edelweiss- client said 'thank you'
- When client listened to the songs of Jim Reeves, Daniel O' Donnell and Barry White, she smiled and turned head towards CD player. If it was a favourite song, she reached out with her left hand and took the hand of the member of staff.
- Turning to gaze at material of specific colour i.e. blue on one visit and yellow on another. These colours were suspended on the curtain rail of her bedroom window after the session.
- Fleeting smiles
- Using single word responses i.e. 'thank you', 'nice', 'hello'
- Making non- speech sounds of enjoyment
- Reached and grasped favourite material with left hand
- Change of body movement e.g. raised left leg, lifted left ankle to uncross feet
- Raising shoulders up to ears
- Increased coughing to clear the mucus from the lungs.
- Increased alertness
- Reduction in day time sleep
- A more marked swallow

- More vocalisations and use of single words Yes/No to make choices

After conversations with the staff team who requested training in order to sustain the positive improvements, the therapist contacted the Manager of the Housing Scheme with a proposal for a package of training for staff which could be rolled out throughout the Housing Scheme.

RECOMMENDED PACKAGE OF TRAINING
Providing Simple, Safe and Effective Self-Help Skills

Introduction to Energy field Alignment

Introduction to the Rainbow Chakra Toning System

Simple Steps for Carers

(See handbook for healthcare professionals– A Radical Approach – Working with adults with learning disabilities
http://www.livingmemoryresearch.net/resources/A-Radical-Approach-Working-with-Adults-with-Learning-Disabilities.pdf)