

Camille's Story

I'm a 35-year-old artist, women's advocate, and pet owner. I have been living in my own apartment since my early twenties. Although my mom and brother live out of state, I feel very close to them, and we have periodic contact by phone and email. I keep in touch with friends and artists that I have met over the years via the internet.

I have a learning disability, hearing and vision loss, and a recently diagnosed thyroid problem. Doctors have also told me that I am on the autism spectrum. Walking has become extremely hard lately due to weight gain, leg swelling, and pain. Recently, these health issues resulted in a fairly long hospital stay, and left me with new and complicated rehabilitation exercises to complete at home on a regular basis.

What is Important to Camille:

- Independence to make her own choices and decisions
- Living in her apartment with her cats
- Trusting relationships with her care team

Care Coordination

The hospital and my care team recommended that I be discharged to a rehabilitation facility for physical therapy and other specialty care, but I said, "No way. I am going home, back to my life." I was frightened that if I went to rehab even for a short stay, I would risk losing my apartment and my cats. I talked with my care coordination team to make sure they understood these concerns and why staying in my own home was so important to me.

My care team listened and heard my need to go home. They provided information to me on potential health complications and offered me necessary support to minimize my risks at home. I wanted to learn how to prevent leg swelling and skin breakdown. And particularly, I wanted to do whatever I could to avoid another hospital stay. I now know that I need to learn how to deal with my thyroid problems, begin to lose weight, and become more physically active. I trained with my personal care assistants to learn new exercises that help me get up and move more. I continue to see my primary care doctor, who knows me and my disability and helps me meet my new goals to become healthier.

The Impact of Supportive Care Coordination on Camille's Life

I was able to achieve the goals I developed with my care team—reduced leg swelling, increased ability to walk, and avoiding being re-hospitalized. Most importantly, I was able to keep my home with my cats. I continue to be active in my artwork, and I have been able to get some transportation assistance with a friend and by using paratransit.

My team listened to what was important to me. They respected my right to make choices, and I am doing my best to be responsible for the choices I've made to control my own life.

*Disclaimer: Names and identifying details have been changed to protect the privacy of individuals.
You can find additional resources regarding the Disability-Competent Care Model [here](#).*