

Name: **Lottie Voros**

Client challenges:
Cerebral palsy and epilepsy

Solution:
Olaf care cot

Theraposture gives Lottie an adjustable care cot that's 'fit for a princess'

Lottie Voros, 3 from Wakefield with cerebral palsy, is happier; safer and sleeping better thanks to a new Olaf cot from Theraposture

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Lottie is a bright and smiley little girl who loves being outside and experiencing new activities. Her favourite pastime, when not at nursery, is riding ponies at a local RDA stables. This horse therapy is proving to really enhance her mental health and well-being.

Back at home, Lottie needs extra support from her parents as she has limited mobility

and epilepsy. Lottie's disabilities mean bedtime used to be a real challenge as she needed assistance to access a cot and a high degree of reassurance to fall asleep.

Before owning an Olaf care cot, Lottie's Mum Lauren, a part-time nurse, was manually lowering and lifting her into a standard high sided cot. With Lauren regularly suffering

back pain and having to sleep on the floor beside the cot, the whole family desperately needed a sustainable solution. Lauren found the answer on the Theraposture stand at the 'Kidz in the Middle' exhibition in Coventry – a electrically powered, height adjustable Olaf.

Theraposture gives Lottie an adjustable care cot that's 'fit for a princess'

The Olaf is a versatile cot that can be custom made to suit smaller disabled children or those that are highly active. Its sleeping platform and mattress can be profiled and lowered to the floor so safety and access is maximised. Its folding side doors incorporate specialist locking mechanisms and if required, safety padding and soft windows can be added. Handcrafted in durable, high quality beech wood and fully meeting all the latest safety standards, the Olaf is a trusted choice that is available in a range of colours and configurations. These features were exactly what Lauren was looking for.

Lauren begins their story: "I was really struggling to lift Lottie over the high sides of our old cot. Plus, I'm only 5' 2" so you can imagine the state my back and shoulders were in. We have a private occupational therapist (OT) and physiotherapist, so I said to them we needed something that was accessible but felt more like a cot and not a 'disability bed'. I was quite cautious and didn't want a medical looking piece of equipment like those I'd been shown at the hospital."

"The NHS wouldn't give me anything in the end, as Lottie is still quite small and young, so that's why we had to go down the route of buying something privately. I originally saw the Olaf at Kidz and I liked it. My OT said we needed one with a mattress that went all the way down to the floor so we could try and start doing sit-to-stands with Lottie."

Lauren chatted with Theraposture's product specialist Tom and Trusted Assessor Steve at the Kidz exhibition so she could understand



Lottie and Lauren at 'Kidz up North' with Tom and Steve from Theraposture



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what options were available with the Olaf. Lottie's safety and comfort came first however there were two other important factors – protecting Lauren from back injuries and the appearance of the cot. A home assessment was arranged so Steve went to visit the family to talk through all the options and to check the Olaf was the right solution for everyone.

Lauren continues: "It was really nice to sit down at home and talk about what would be right for us. I really didn't want to go to a hospital or hospice to do this. Steve was excellent. When you start looking for a care cot, it's such a grey area so you need help as you really don't know what's around. We looked at different designs together and I

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started to feel more relaxed as I knew then I could get something that would look like a normal cot as opposed to a bed that showed Lottie had a disability.'

"I wanted something with a platform that went to the floor and didn't want something with legs, so all the mechanisms were hidden. I just wanted it to look like a normal cot that also helped my back. Steve said we could have it in white so I knew it would match Lottie's furniture; we didn't want something that stood out. He also suggested adding a splash of colour, so it looked even better; we went for purple touches."

Following Theraposture's home consultation in May, the Olaf was hand built and installed in less than 8 weeks. This turnaround was far quicker than Lauren expected as she was used to assistive equipment taking months and months to be delivered. The cot was made to perfectly fit the dimensions of Lottie's new bedroom so there was ample room inside and to open the folding doors. Lauren says its dimensions are proportionate to the size of the room so looks just right.

"I was so chuffed when it arrived. You can't tell it's an adapted cot for a child with a disability. And that's what I wanted – something fit for a princess. I definitely didn't want a medical-looking bed and Lottie loves it. She sleeps very well in it."

"It also helps me so much as I was previously sleeping on a mattress on the floor as she struggles to get to sleep and stay asleep throughout the night. The old cot was too small for me to get in. So, when I was trying to get her to sleep we would sleep on the floor together and when she had fallen asleep, I would have to lift her into the cot. My back was pretty much 'gone'. Whereas now I can raise the mattress, get her changed and ready



The mattress can be raised so Lauren can get Lottie ready for bed without bending over



With the doors closed, her mum and dad can still see Lottie's safe at night

for bed and get in with her at night, get her to sleep and then I can roll out and shut the doors afterwards so she's safe."

Lauren recommends Theraposture to all other families in a similar situation as she says there was never any pressure to buy from the company. They simply supported her with information and advice whilst making sure she and her therapists had the final decision. Theraposture regularly works alongside occupational therapists so the most appropriate cots, from a clinical point of view, are prescribed.

As Lottie grows she now has plenty of space in her cot to develop and Lauren knows as her daughter gets heavier, she won't have to worry about manual handling anymore.

With Christmas coming their Olaf cot from Theraposture has given peace of mind to all the family. Many of their sleep issues have been resolved and Lottie feels reassured at night. Going to bed has also become more of a positive experience, especially with the excitement of Santa visiting soon.

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