

Health Case Scenario: Jeffrey

Upon completing high school, Jeffrey served overseas in the Army Forces for two years. He had considered joining the military for some time. He never expected the experience to be as intense as it was nor did he anticipate getting injured. In the war zone, Jeffrey witnessed the deaths of his comrades. Just before his tour ended, he nearly died when a land mine exploded, paralysing his legs and leaving him severely wounded. He returned home and lives with his older sister, who works day shifts as a retail sales clerk. The Veterans Affairs Hospital is located nearby and arranges daily visits by a physical therapist to help Jeffrey regain daily functions. When his health improves, Jeffrey plans to enter a job training program for veterans with disabilities. Jeffrey's city accommodates individuals with disabilities; there is wheelchair access to most buildings and sidewalks. As a result, he spends his free time meeting friends at coffee shops and reading at the library.

Jeffrey is also a member of a basketball team for young athletes in wheelchairs. A wheelchair accessible bus takes athletes to gyms in the surrounding communities. Jeffrey was physically active before the war and appreciates the opportunity to be in a gym again. In addition, he made several friends. Attendance and enthusiasm are high, but lack of funding may jeopardise the sustainability of the program.

Although Jeffrey is steadily recovering from his physical injuries, he suffers from post-traumatic stress disorder (PTSD) and often has severe flashbacks. Many nights he wakes in terror, remembering his experiences in the war zone. Despite the large number of veterans who experience similar PTSD symptoms, Jeffrey feels stigmatized by his disorder and has yet to seek help. A nearby Veterans Connect program for soldiers and families seeking mental health care requires daytime transportation. Though Jeffrey is interested in attending the program, he lacks transportation to the hospital.