

Appendix 1 Case Study

Mrs Jones is 87 years young; she has a number of interests which she would like to continue, however she has recently experienced reduced mobility and as a result she is going out less, spending more time at home and is feeling lonely. Due to her reduced mobility, she is finding day to day tasks difficult.

Mrs Jones contacts Social Care for support.

The Social Worker arranges to visit her and assess her needs.

Option 1:

The social worker discussed with her to identify what she is finding difficult- Mrs Jones explains she is not as mobile as she was, and is having difficulties making her meals, shopping and managing her household tasks.

A package of care is provided to help with shopping, meals on wheels are delivered daily.

The social worker visits to review her needs after 6 weeks and Mrs Jones has become more isolated and dependant on services, with minimal contact with others. The package of care is increased, to try and meet her needs.

Option 2:

The Social Worker discussed with her to identify what her interests are, and what she is still able to do. Mrs Jones describes what she likes to do and how she would like to spend her time.

Mrs Jones enjoys socialising with others and reading.

The social worker explores what is available in her local community that would be suitable to meet her needs.

There is a local book club for people over the age of 55, which includes lunch 3 times a week.

With the provision of a walking aid and transport Mrs Jones can go out 3 times a week, where she made new friends and now visits her friends on a regular basis, they provide each other with mutual support. Mrs Jones confidence levels increase and she is now accessing additional community groups.

The social worker visits Mrs Jones to review her needs after 6 weeks, her mobility has improved and she reports back that she is happier and able to manage much better- but still struggles with shopping. Mrs Jones is supported to access on line shopping/