

GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

91 year old recovers her confidence and takes steps out into the community

Jean is a 91 years old woman who has recently been widowed and asked Age UK Rotherham for some help to reconnect and recover her life which had become harder.

Jean and her husband always did everything together so when he passed away Jean was at a loss with herself and struggling to live independently especially during Covid-19 lockdown. Her daughter lives on the coast so it wasn't like she could just pop and see her mum every day. Phone calls every morning to from her daughter help Jean not to feel so lonely but that was only 10 minutes out of her day and the rest of the time she didn't see a soul most days.

In conversation, Jean also told Age UK Rotherham's Wellbeing Officer that her hearing had deteriorated and, even though she was more than capable of walking to the local shops she didn't because of her lack of hearing which led to a lack of confidence.

When we first visited Jean we accompanied her to the local shops just to pay a bill and we were there as an extra pair of ears when Jean didn't pick up on any conversation. Jean was able to cope with this but because we won't always be there the Wellbeing Officer made Jean an appointment at the local Hearing Clinic on Greasbrough Road. Her appointment wasn't for a couple weeks but when the date came round we accompanied her to the clinic. She had her test and did need hearing aids in both ears. Jean will pick them up in a few weeks time as there is a backlog at the clinic but is looking forward to hearing more clearly again. Joan did say she felt confident enough to go in a taxi to fetch them but we also signed her up as a member of the Door To Door Community Transport for if she wanted to go anywhere else.

Last week our Wellbeing Officer telephoned Jean to follow up her progress. She does go to the shops every morning even if it's just for a newspaper and admitted

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that she doesn't pick up on all the conversation without her aids (yet) and still feels ignorant saying "sorry, what did you say?". But she but does feel better able to cope in herself and just getting out more. She visited the local Aldi on the Door to Door, enjoyed having a browse and spending some money. Jean thanked us for building up her confidence and taking a step to her new life living without her loving husband. She is looking forward to her hearing aids and going further afield.

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