

# GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

## Finding appropriate support and reducing anxiety

### Issues

S is a 75 year old lady who has sight impairment and mild cerebral palsy. She self-referred herself to Live Inclusive when she heard a colleague sharing information about our service. This was at a Luncheon Club. The lady soon contacted us to ask for help.

S, who lives alone with a cockatiel for company, was feeling anxious after being informed her present voluntary enabling support was coming to an end.

S contacted our office the same afternoon after hearing about us and was distraught when speaking about her frightening situation and not knowing how she would cope without support in getting around to activities and shopping.

### Intervention

S was passed on to our Coordinator who made contact with her to listen to her worries. S explained she was unable to sleep with worry. S has friends locally, and although all of them are older than S, they had offered to take her to her activities and shopping. S was grateful for the offers of transport but did not want to impose on others. S was unhappy to use a taxi or Door2Door service so was feeling trapped, and at a loss of what to do.

### Outcome

S is a confident user of the internet and began using this, following our conversations, to do her on line shopping which made her feel a little more independent.

We were soon able to put her mind at rest when we introduced her to Active Independence who made contact with her following our referral to them. Active Independence have expertise in supporting people to acquire a Personal Assistant. They discussed her requirements and the type of Personal Assistant she would like to support her.

Rotherham Federation of Communities Ltd Charity no: 5913521, Company no: 1158600, Voluntary Action Rotherham (VAR) Charity no: 1075995, Company no: 2222190, YAWR Services Charity no: 1192406, Rotherham Ethnic Minority Alliance Charity no: 1140365, Company no: 04730630, Age UK Rotherham Charity no: 1039771, Company no: 1927474, Rotherham Parents & Carers Forum Charity no: 1147969, Company no: 07719951, Live Inclusive Charity no: 1065630, Company no: 3126759



We made regular weekly calls to S and continued to support her mental health during the Active Independent process of advertising for a Personal Assistant that matches her requirements.

S was very appreciative of the support we had been able to provide her; from her first contact to our service; to the last call when she was feeling much more positive and looking forward to being able to relax now her mind was eased.

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