

# GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

## Support leads to active independence and liberates family carers

Charlotte (name changed) is a 76 year old widow who said she relied on her son for everything. Doctors' appointments, shopping, outings and more. Charlotte had her son doing so much that he fell into depression and suffered anxiety with the running around for mum as well as holding a mentally strenuous job down working from home. Her Link Worker explained the situation to us hoping we could help get Charlotte more active and self reliant.

Age UK Rotherham's Wellbeing Officer paid Charlotte a visit, whilst her children were there, to suggest assorted options for getting her out and about. She is not a crafty kind of person or good with her hands but enjoys chatting and holding conversation so we suggested she could try attending the Chatterbox group. We made arrangements to take her the following week.

Two days after the Officer's visit she also delivered aids to help Charlotte with her personal care. Whilst there, she said she would have to call her son to take her to the clinic to get her leg dressed. Our Wellbeing Officer phoned the district nurses to arrange for home visits from then onwards. Also, Charlotte was shown on her iPad how to shop online at Sainsburys instead of relying on her son to do it.

The following Tuesday, our Wellbeing Officer took Charlotte to Chatterbox, as she was very reluctant, as groups have never been her idea of fun. She was personally introduced to a table full of ladies and to the volunteers then we left her for an hour. When the Wellbeing Officer returned, Charlotte was still yakking away and was introducing her to all those who she had been introduced to earlier 😊. Charlotte had enjoyed the morning and said she would be back the following week. She enjoyed the company and said it was nice to be with other people.

On the Thursday we made arrangements for her to be picked up by taxi to attend the Age UK Rotherham Christmas Carols and Dinner at Clifton. She shared the taxi with another lady and made plans to go to Oddfellows with that lady after the New Year. Also, they exchanged phone numbers and have chatted a couple times since last week.

Charlotte thanked us for introducing her to her new life and taking so much pressure off her son. Our Officer also referred her to Rothercare for a pendant and that is

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taking further stress off her son knowing she has backup by the press of a button if necessary. Charlotte said her life was like a stale lump of bread beforehand but now feels more like a fresh bloomer.

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