

# GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

## Starting to live again

### Issues

D was referred to Live Inclusive BMHF by the Adult Disability Team. D aged 44 years suffered a severe stroke four years ago which left him with 'locked in syndrome'. He was only able to move his eyes. During his recovery period D received daily intense physiotherapy and, with his determination and strength to recover as much as possible, is now able to walk with a walking frame. Some speech has returned and he is now able to use a telephone to connect to people.

Sadly during D's recovery, his marriage broke down, leaving D living on his own. D's mother visits daily and D has carers twice daily to support him. D has a 5 year old son who he sees each week with the assistance of D's mother. D is very independent and cares for his own hygiene needs. D's wishes are to start to living again and to socialise where ever he is able.

### Intervention

During conversations, D explained he wanted to get out and about and be with people again. He enjoys watching football and would like to go to local matches. He would also like to make friends of similar age. D explained he was very social before his stroke and is ready to get back out there even though it's in his wheelchair.

We spoke about Social Days who provide outings and activities for people of all ages and abilities, and Active Independence who would support D to find a suitable PA. This will enable him to go to football matches or shopping; and choose the activities he is wanting to do. I offered D contact numbers and websites of both organisations so he and his mum could look further into these.

### Outcome

I contacted his social worker to discuss activities for D and explained what D could have access to if he could have the financial support to do these during the week. His social worker was happy to review D's support plan and contacted D to make an application for further funding.

**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

D is very relieved to know the process has now started and is looking forward to his future.

D's mum and D said they are truly thankful for the support and information that our service has provided.

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