

## **CASE STUDIES**

- Mary has been married to Bob for 60 years. Mary has dementia. She had a great network of friends and many interests. She now needs personal care and help to keep safe. Bob cares for Mary and doesn't get any time for himself, he is not able to leave Mary and has not been able to do the things he enjoys.

Currently, Mary attends a day service to give her husband a break once a week. The centre transport service picks her up and takes her across the City. Bob stays at home. Every few months a worker visits them to check on the care they get. Bob's GP is worried about his health and concerned what might happen to Mary if Bob is not around. Mary and Bob have a good neighbour who is worried about them both, but they don't know how to help and or who to contact.

Under the new offer, Mary and Bob are able to walk to their local community wellbeing centre. They are able to meet old friends and do the things they used to enjoy. Bob doesn't mind paying to do some of the classes as he like to learn new things. Mary is supported by people in the group she attends. Staff are also there, to help her with personal needs, but most of the time she is engaged in what's going on in the group with the support of her peers. Bob and Mary have been able to put a plan together about their future and what needs to happen in a crisis (Bob becoming ill or passing away), with the support of a community navigator. In the plan they know what to do to stay healthy and who to contact if things are going wrong. Mary and Bob's neighbour was involved in some of the planning and knows what to do to help and who to contact if things are going wrong. When Mary needs support at home Bob knows the domiciliary care team will help. They provide the support through a managed budget so the care is tailored to their preferences.

- Wendy is 78 and is a very talented artist, and enjoys crafts and card making. She used to attend a group but this ended. She started to feel lonely and isolated in her flat. Wendy did own a car and really misses the freedom this provided. Wendy has experienced some bogus calls and lost money, she is now wary of letting people into her home. Wendy has poor mobility and needs to get taxis or dial a ride to get around, but finds taxis really expensive. Wendy has a daughter who is married and lives a long way away, and keeps in contact mainly over the phone.

Under the new offer, Wendy is now a regular attender at the arts group taking place in her local community wellbeing centre. Through the group she has found new friends who have a common interest in arts and craft. Wendy goes with the group into a local school to help children with their art work. After the lesson they and the children have lunch together. With her new friends she shares the cost of getting to the group and is planning to go on holiday together. The children at the school are helping Wendy to get the most out of her smart phone. They have set up a regular time for her to have a Skype call with her daughter and made calling her easy.