

Later Life Matters (South)

Case Study April 2017

Background

Lisa is a carer for her adult son who experiences periods of depression and anxiety. She used to attend groups and was socially active but gradually she stopped attending and became increasingly isolated following the death of her husband.

A referral was made to the Later Life South service by a Community Links Practitioner attached to Lisa's GP practice. She had gone to her GP as she felt she was feeling depressed and anxious and felt "stuck in a rut". Lisa felt that she needed some support to help her move on with her life but she didn't know where to start.

Following a visit to her home to advise of the service we had available, it became clear very quickly that Lisa had an openness and eagerness to be involved in a holistic approach to her recovery from mental ill health. Lisa spoke of the 'self-help' books she had read and how she believed in the power of positive thinking but had lost her sense of this as a result of grief coupled with the stress of caring for her son.

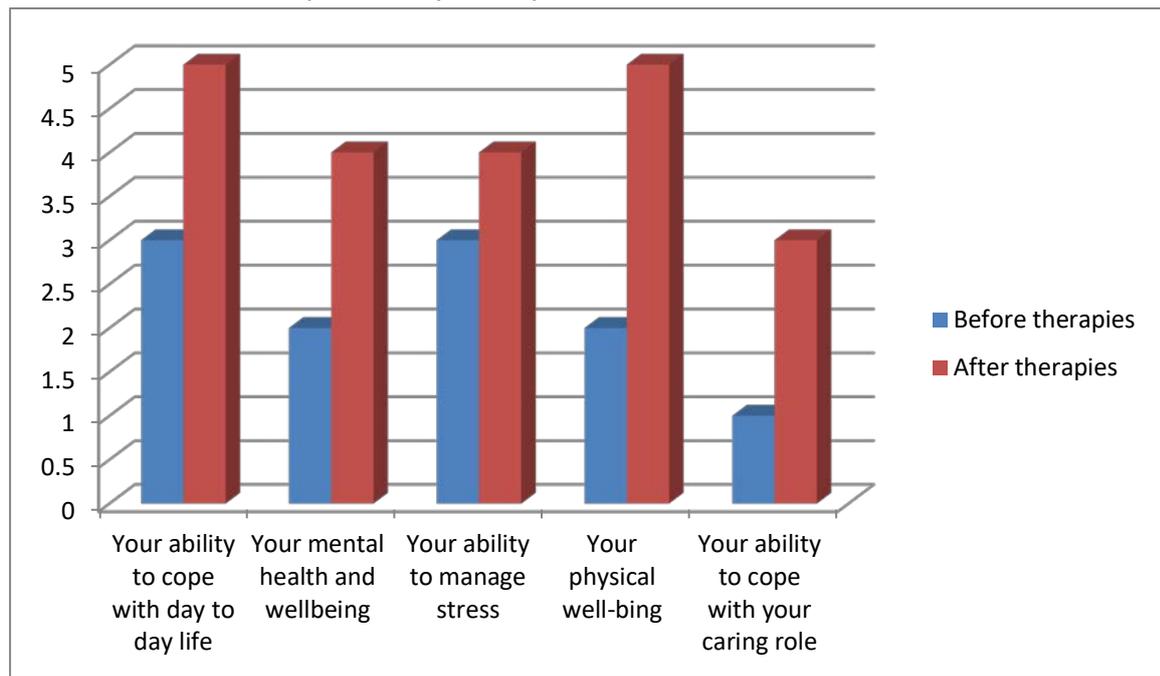
Input and Outcomes

Lisa identified that she wanted to reconnect with her sense of self and we worked together on a plan to help her develop the areas of her life that she felt she needed some support with.

The plan started with Lisa receiving a six week course of complimentary therapies at her home. She chose Indian Head and full body massage and said this made a huge difference to her sense of well-being. She scored herself using our self-evaluation form - please see results in the table below - and wrote the following comments:

- "I feel calmer and think before I speak"
- "I respond to arguments more positively"
- "I feel more energetic, relaxed and flexible in my body"
- "I am able to carry out more tasks around the house due to feeling more flexible"
- "I take less tablets for stomach ache, less painkillers and use less anti-inflammatory creams and gels after my massage"
- "staff were lovely - really nice, caring and helpful. Helped me identify exactly what I needed."

Self-evaluation of Complimentary Therapies



The next step was for Lisa to attend the Mindfulness and was enrolled on the next available course. She completed this and reported to have received great benefit from the teachings and the practice. In addition, she came along to the drop-in Mindfulness sessions that we provided to keep honing her skills. Using the Freiburg Mindfulness Inventory Lisa's scores were as follows:

	Before Mindfulness	After Mindfulness
Frieburg Mindfulness Score	36	51

The highest possible score is 56 on the Inventory. And Lisa made the following comment in regards to her experience of attending the course:

“This has been the best course I have been on. It has really helped my stress and I feel like a weight is off my shoulders. I feel much more happy and content. It has been a wonderful experience with a lovely friendly group and teachers. I feel more relaxed.”

The Future

Lisa made friends at the Mindfulness Drop-In who encouraged her to attend the Pilot Befriending Group – since then has been invited along to another social event with the people she has met....recently she had said “this service has really changed my life!”. Lisa is keen to attend any future befriending and drop-in groups and is on our mailing list.