



### Time for Life Enabling Service – Case Studies

#### Case Study 1

A 78 year old referred by CDP. Recent stop to her Day Care as she no longer meets the criteria resulting in increased anxiety and depression (a long term problem and known to MHT). Had become very socially isolated.

#### **Intervention:**

The Mentor:

- Introduced her to a local Coffee Morning
- Referred her to After Caring for support with bereavement.
- Introduced her to a local lady who had also received intervention from TFL who is in similar situation and could give/receive mutual support and friendship.
- Registered the participant with Community Transport.

#### **Outcome:**

- **Attends weekly Coffee Morning** and has met a friend that she lost contact with years ago; they have attended coach trips together and lunch outings and have booked a holiday together.
- She supports a neighbour which mentor introduced her to and they have **become good friends** and mutual support for each other.
- She **has become a volunteer Befriender** with After Caring and enjoys “giving something back”
- She uses Community Transport and public transport and is able to get out and about **independently**.

She reports she has “come out of her shell” and is enjoying her new life!

#### Case Study 2

A 79 year old lady referred by Social Care Reablement. Recent hip operation resulting in reduced mobility, loss of confidence and struggling to cope with living alone since husband’s death. Concerned about being able to continue paying for private carer as her savings “dwindle” away. Socially isolated and low in mood.

#### **Intervention:**

The Mentor:

- Referred her to After Caring for support to deal with the loss of husband.
- Supported to claim Attendance Allowance.
- Practiced outdoor mobility to build up strength and confidence.
- Registered with Community Transport.

#### **Outcome:**

- Participant’s claim for Attendance Allowance was not successful but following help from Mentor to appeal she is **now in receipt of AA** which was back dated.
- Participant receives support from After Caring and **has befriender** that visits on a regular basis.

- Has **re-joined the local church** now that her mobility and confidence has improved and enjoys meeting her friends for social intervention and support.
- Uses Community Transport which **enables her to do her own shopping independently** and she has also used public transport.

Participant reports that she has regained her confidence and feeling positive about her future, she feels she has “got her life back” and cannot thank TFL enough!

**Source:** Time for Life Enabling Service