

Independent Living Client Case Study

I am Dave B and I live in Southam.

I am disabled and cannot leave my flat without assistance due to low confidence and a lack of faith in my abilities.

During my working life I was a senior carer so my sudden confinement to the same 4 walls on a day to day basis was a shock.

I used to live with my mum in Lighthorne Heath but unfortunately she died and as a result I had to move to a flat in Southam.

When I moved into my flat I became so isolated and felt that coping on my own was the only alternative. It became normal for me to spend my days with little or no contact with the outside world. My only visitor was my local convenience store owner who kindly brings my groceries for me.

On Friday 16th June 2016 a cheerful, bubbly lady called Julie Newton from Stratford Citizens Advice knocked at the door. Julie took the time to chat on the doorstep about my situation and she arranged to visit me in my own home to assess how she may be able to help. Julie came to visit me and discussed various ways she will try and help me. I was amazed how much better and cheerful I felt after speaking to her. Julie has helped me save 75% on my monthly water bills, arranged for my garden to be maintained by my local lions group, has applied for funding for a washing machine and cooker and has made an application for a grant for some much needed carpets.

As well as doing this Julie referred me to Ashley Trinder, Independent Living Officer at Stratford-on-Avon District Council. Ashley has made several visits and has been a great help. On each visit we set objectives for me to complete before the next session, usually two or three weeks later. On his first visit Ashley encourages me to try walking a few steps with a wheeled frame. I managed it even though I didn't believe I could. His encouragement and objectives have helped build up my confidence and not give up on my mobility and independence.

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I hadn't been outside my flat for around 8 months and was reliant on my daughter to post my money to me on a fortnightly basis. Unfortunately there have been a couple of instances where money has been lost in the post making it difficult to afford to live.

One of Ashley's objectives was to enable me to take control of my finances again. He helped me find a broadband provider so I can do my shopping online which will save me money from convenience store prices. I am also signing up for online banking so I have better visibility of my income and expenditure.

The internet will also provide me with the freedom to open up lines of communications with friends I haven't seen for a long time.

Thanks to Ashley's help and patience I have so much more independence and control in my life again. This in turn has made me grow as a person and has improved my self-esteem and feeling of worth as a person. I have gone from no social life to having a much fuller and purposeful life.

Ashley has also fulfilled another one of his objectives of helping me to get out and about by helping me organise a home help service so I can get fresh air a change of scenery and more social stimulation and get to places. It has made me feel I have freedom again and am no longer trapped in my flat.

The service provided by Ashley and Julie is free. Both are specialists in what they do and have links and knowledge of other organisations who can help if they can't. You will not believe the improvements they can make in your life.

