



# MEMORIES

## A Caregiving Story

Providing Respite and Care with Jean's Daughter

06.02.2026

**Just over a month ago, Jean's Daughter was directed, by a neighbour, to our Community Hub in Falmouth. Unfortunately, she was finding it challenging to manage her mother's condition and felt incredibly alone and isolated. Lacking support and any immediate family to rely on, she was struggling to maintain her own wellbeing and health.**

Jean is 86 years old and is living with dementia, and her memory recall has significantly declined. She often becomes upset when she forgets that her daughter has visited to assist her with household chores and meal preparation. In one particularly challenging instance, Jean's daughter had to intervene when Jean was shouting at members of the public outside their home, confused and distressed. This situation brought them both to a breaking point, straining the relationship between mother and daughter. Conversations about the possibility of Jean moving into a care home arose due to the stress impacting both of their lives.

## Introductions at Falmouth Community Hub

Falmouth Community Hub engaged in a discussion with Jean and her daughter to establish a supportive plan aimed at alleviating loneliness and enhancing social connections and inclusion. **Our Senior Active Living Coordinator, Martin**, helped Jean feel at ease and introduced her to individuals with whom she could connect. He also devoted time to converse with Jean's daughter, attentively listening to her caregiving journey and determining their shared priorities. Together, they explored their desired outcomes from the experience, and Martin offered several suggestions and pathways for them to explore together.



***"I feel really well cared for and really enjoy my time in Falmouth Hub"***  
**Jean**

## Creating a Supportive Network

Further discussions with Jean and her daughter revealed that Jean has a passion for singing and connecting with people from diverse backgrounds. They shared conversations about the war and its impact on her life, reflecting on her childhood experiences. As they reminisced, Jean became more at ease in the setting and began to share her memories of Cornwall, where she moved at the age of nine.

After attending several sessions at the Hub, Jean and her daughter began to feel safe, comfortable, and connected; Jean is now participating five days a week. Her daughter shared, ***"The strong connections Mum and I have been able to build with others mean the world to us both. She is thriving within the Hub, which eases my worries and provides me with a few hours of respite each day."***

Jean is now happier in her daily life, experiencing less loneliness and feeling a genuine sense of purpose as she meets her newfound friends and engages in various activities that support her well-being. Her daughter feels more supported and less stressed, enjoying conversations about the activities Jean has participated in without any feelings of guilt. She is no longer troubled by thoughts of Jean feeling alone, confused, or lonely.

**Jean and her daughter have decided against moving into a care home. This decision has alleviated stress and concerns regarding potential costs and the impact this transition could have on their relationship.**

**FIND OUT MORE >**



**If you need a helping hand or would like information about Falmouth Community Hub, please call – 01326 316880**