

## CARE Point Case Study

### September 2021

David is 69 years of age and lives alone. His cousin has recently come to stay with him and has been supporting him in making his home more manageable and to encourage him to get out and about as he has been feeling isolated. David lives with learning difficulties also.

For many years David had worked for M&S but retired in October 2020 during the pandemic. He is an avid film lover.

David was referred to Age UK North Tyneside due to feeling isolated and in need of support around his home. Although David did spend a considerable amount of time at home watching TV he was hoping to find more activities outdoors which he could participate in.

David was referred to Age UK North Tyneside's Information & Advice team for a benefits check as he was unsure about his entitlements. He was also referred to the Cedar Grove Wellbeing Centre as way of getting to know people and joining in with activities. David's cousin was also provided with information and contact details for LD North East for additional support should he and David require it.

Details for cleaning companies were provided as David's cousin felt that he needed help to do a big clean of the home initially and then a fortnightly cleaner to help David to keep on top of things himself.

A second home visit was booked to chat to David about other social activities he could participate in his local area and as a result David agreed to give the lunch club at Wallsend Memorial Club a visit.

David had an appointment with Age UK North Tyneside's I&A team to carry out a benefits check on his behalf. He also decided to attend the wellbeing centre again and the team at Cedar Grove facilitated this with him.

David enjoyed his visit to the lunch club at Wallsend Mem and is returning but also to attend the Men's Wednesday lunch club additionally.

Support has been received from an occupational therapist to make living in his own home more manageable for David enabling him to retain his independence and live at home for longer.

As a result of CARE Point's support David has said that he is feeling much happier in himself and far less isolated. He says "I've enjoyed the visits and chats with Rachel and Shanaz from CARE Point. They are nice company and lovely to speak to. I have decided to go to the men's lunch club twice each week and I'm very keen to return to the wellbeing centre soon."

