

CARE Point Case Study

October 2021

Violet is a sprightly 91 year old who is always ‘full of beans’ and willing to give anything a try. She describes herself as able to “dance all day long”. However she moves around her home with a walking frame as her poor mobility can limit her. Violet is supported by carers and is visited by her daughter at weekends.

During lockdown Violet lost all of her confidence having suffered a number of falls and subsequently she stopped doing all of the things she used to enjoy. Violet used to participate in sequence dancing and the Age UK North Tyneside Strength & Balance classes both came to an end for her due to her diminished mobility.

The CARE Point team researched what options might be available to Violet as she was craving her activities and social interaction.

It transpired that Violet had become “terrified” to step outside into her own garden such was her diminished confidence following lockdown and shielding. The team supported her and encouraged her to do this. She overcame her fears and resumed her regular garden visits and enjoyed sitting in the sunshine again.

The CARE Point team were able to ‘fast track’ Violet back into her beloved Strength & Balance classes providing a trusted taxi service to enable this alongside one of the Strength & Balance Officers who accompanied her to the first session.

Violet was provided with a copy of the How Fit DVD and further encouraged to use the introductory session guidance in her own home to improve and increase her resilience.

Following further home visits with Violet the team provided her with details of local wellbeing centres to enable her to mix again safely and participate in activities including chair based Pilates. Violet confirmed that she’d very much like to pursue this.

Violet said “No doctor has ever done what Age UK North Tyneside have done for me”.

