



# Pat: About me

“I’m 85. I was born in this area and I’ve lived in my house over forty years. I love the house - my family have adapted it so it’s easier for me to walk.

I worked for social services for 44 years, looking after babies before they were adopted. I got to a hundred and stopped counting! I’ve got a plaque up at the doctors, thanking me and my late husband for working in the borough and looking after children.

I do a lot of jigsaws in the house to keep my mind occupied”

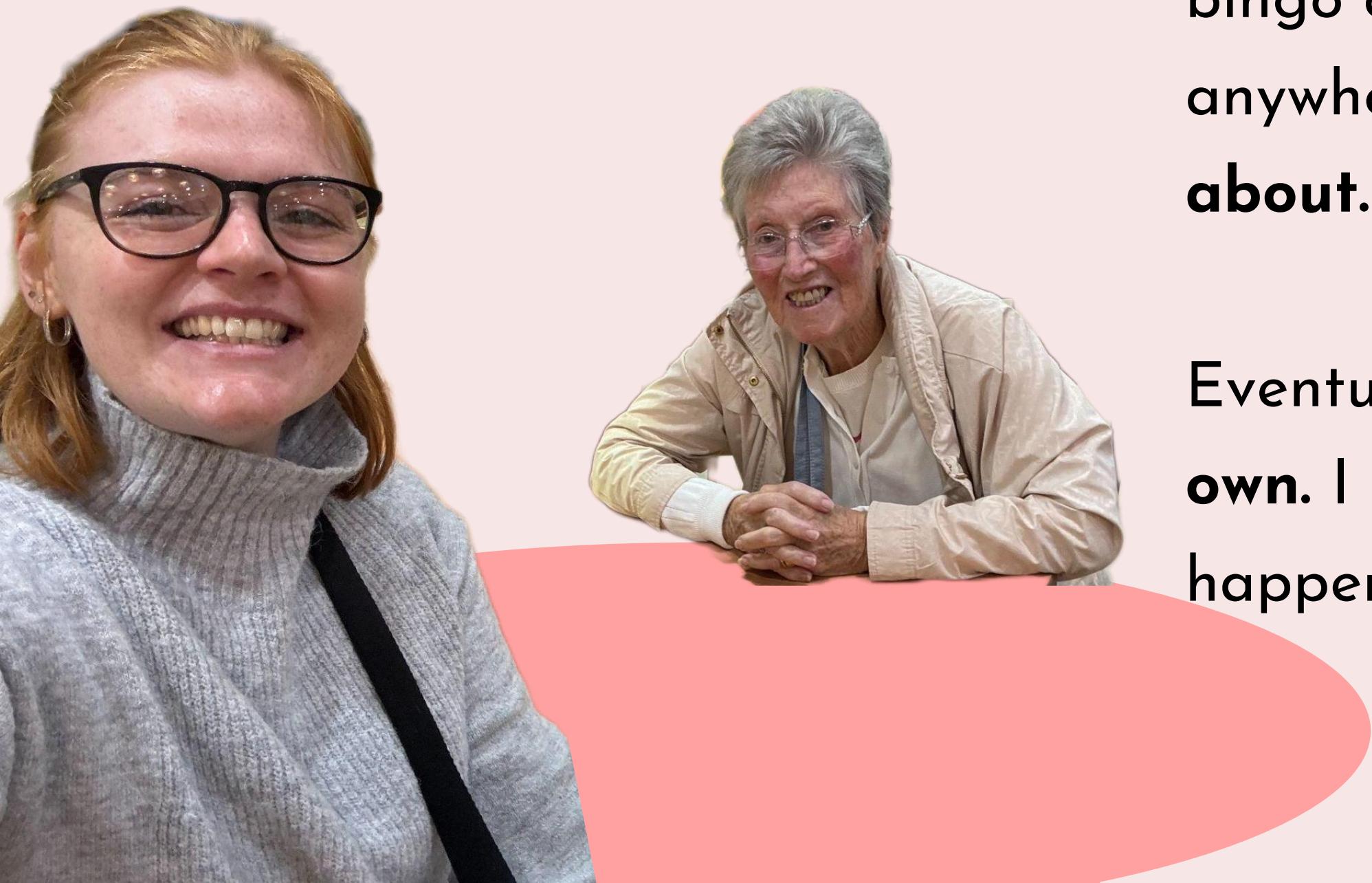
# Barriers to Connection

**"My husband died about a year ago and about two weeks later I had a stroke. Now my brain doesn't always think right. I haven't got my balance. I could only move my eyes at first, so I've achieved a lot since. I'm not a miserable person, but the first Christmas without my husband was big for me. It was the first time I thought "I've had enough". But the thought of my girls brought me back again.**



**I've been to groups, for tea and biscuits. It's nice and people are friendly. At one though I'm the only one who's had a stroke, so I struggle. They play a card game, and a quiz, but it's hard for me because I can't write - my hands won't let me. And a lot of the info about stroke support here is out of date."**

# My hopes for Connect



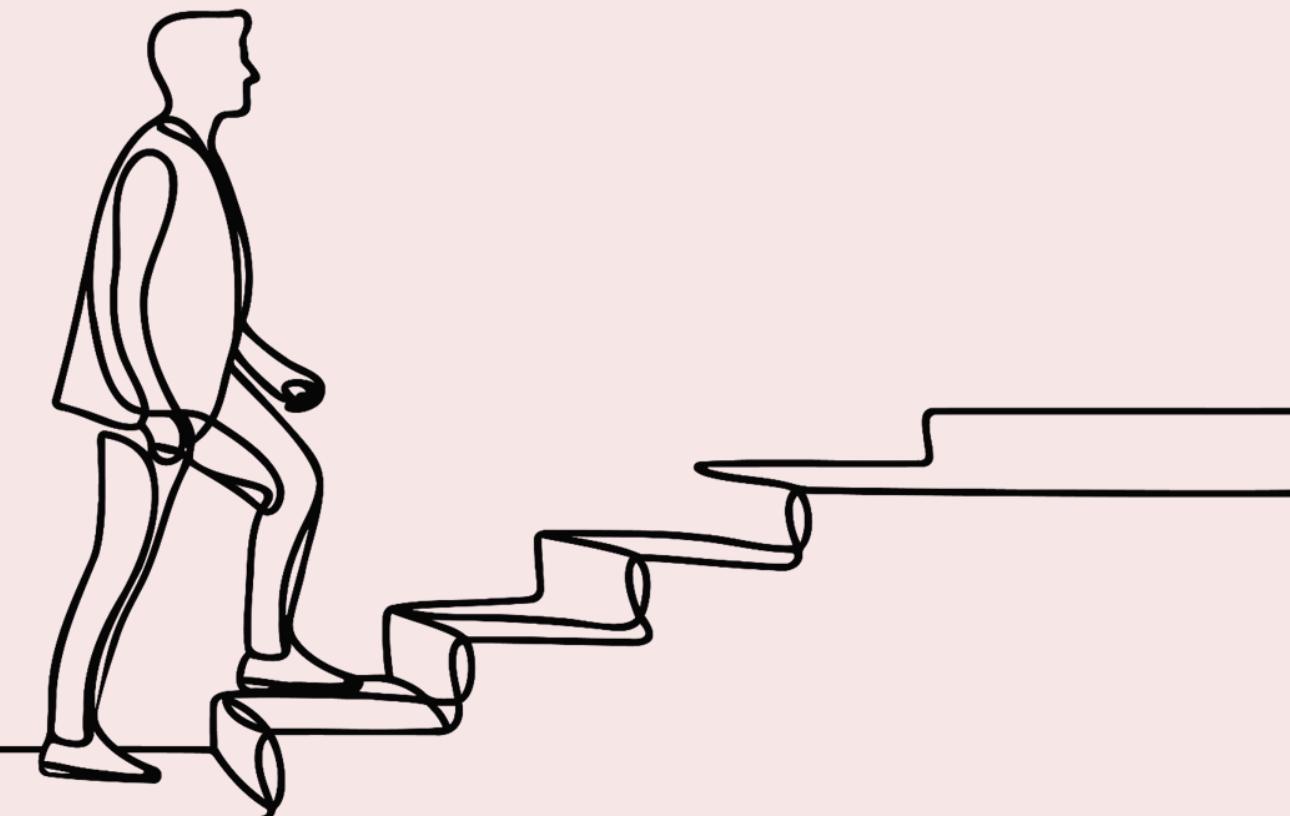
Before meeting Abby I was housebound. But I've always been one to get out. Even when I lost all my mates, I still went to Romford, and to the bingo on my own. I can't do that now - I can't go anywhere - so **I wanted help getting out and about.**

Eventually I'd like **to be able to get out on my own.** I also wanted to know more about what's happening locally and get myself there.

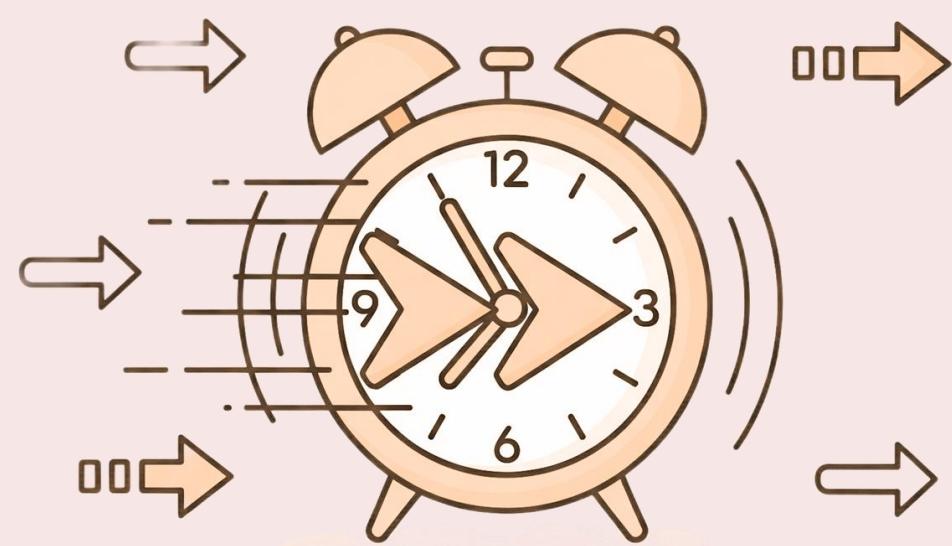
# Some steps we've taken together

"I got on the bus with Abby for the first time in years. We went out to a shop to pick out a walker. My kids wanted me to have a three wheeler, but apparently you need really good balance for that - so we found another one that suits me.

I've achieved a lot from when I first came out of hospital. I couldn't even be on my own then. I had to have a person in £100 a day just to have her there overnight, because I was too nervous, which linked back to when I was terrified as a child, when I was evacuated [in the war]. I was afraid of the dark. I still sleep with all the lights on. Now I'm doing better, **Abby has helped me to get a better lock now for the door after** we got locked out together. This has helped me with sleeping on my own - I feel safer."



10 months later....



Pat



# What happened next?

Pat is no longer feeling a burden on others, which means she now has a **better flow with her family** - they go out a lot together and she feels more comfortable asking for her family's help.

Pat is now **reaching out to her neighbours** for support when she needs it - they help her with small tasks like getting her newspaper and they check in regularly.

Pat is still not completely confident getting out on her own, but she has a good sense of what is and isn't safe for her to do. She is **coming to terms with the limitations to her mobility**, and focusing on what she is still able to do, and living life to the fullest.

Pat



# Wider ripples

Pat has developed a new routine of going to stay over with friends at weekends and **providing company and mutual support to one another.**