



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 And a lot of the info about stroke support here is out of date.”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



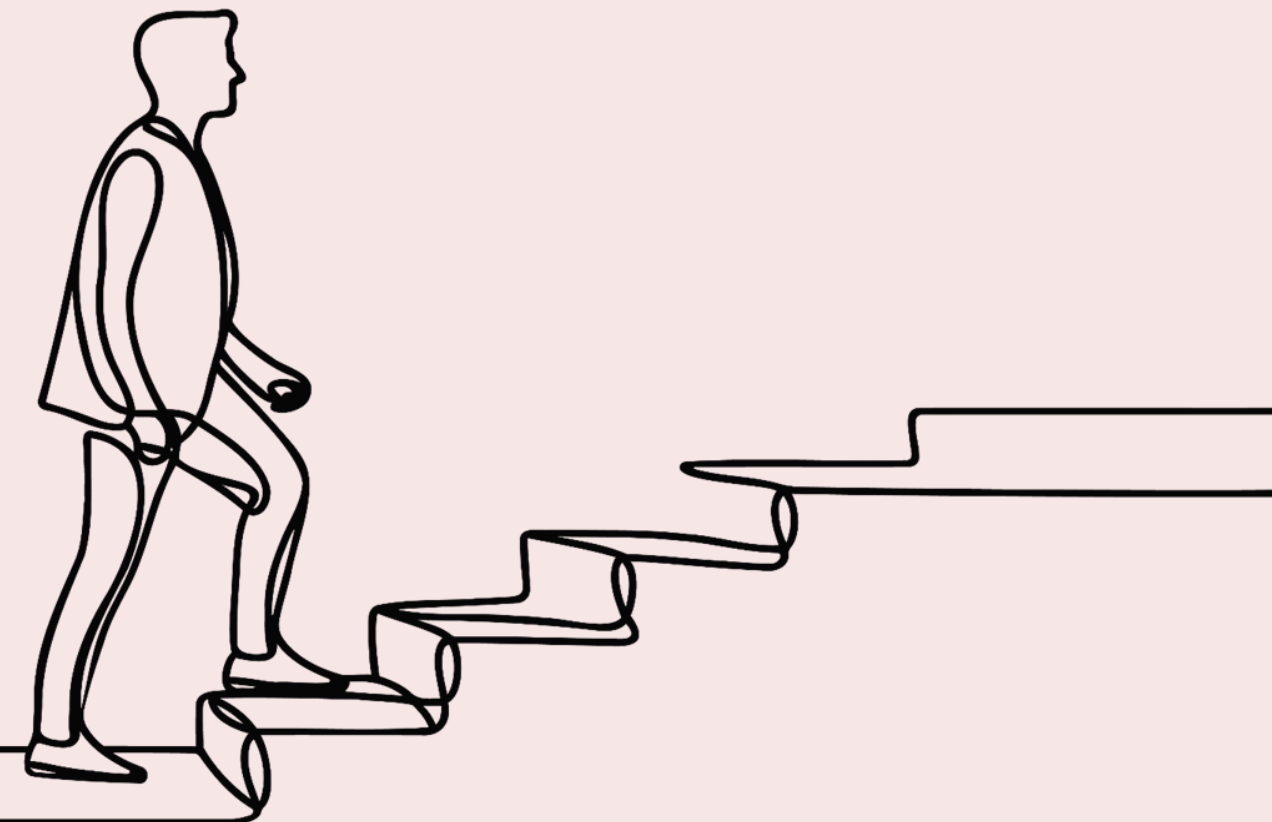
Before meeting Abby I was housebound. But I've always been one to get out. Even when I lost all my mates, I still went to Romford, and to the bingo on my own. I can't do that now - I can't go anywhere - so **I wanted help getting out and about.**

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.

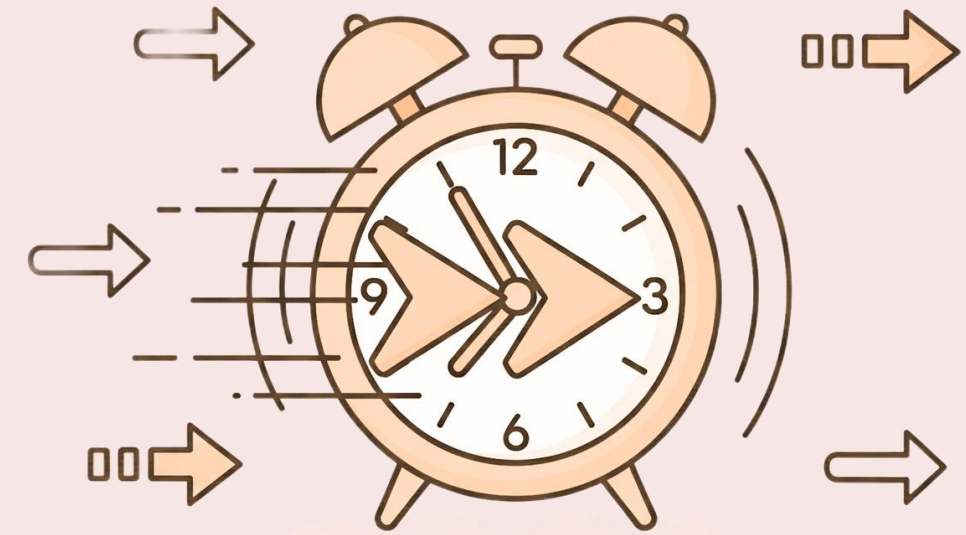
Some steps we've taken together

"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.**