

Jenni's Journey

I struggle with my depression when I'm alone of an evening, I would like to be out in community doing interesting things.

I love the cooking group my Community Connector found, I prefer it over my agency supported activity,

Life before intervention

After finding living alone a struggle, Jenni moved in to a sheltered flat with 2 hours of daily living support each day

Jenni began to receive support from agencies to access the community for 18 hours a week

Despite spending more time in the community Jenni's support needs around her depression meant that her daily living support was set to double to 4 hours a day.

Jenni has a learning disability and has been diagnosed with depression. Symptoms were found to worsen when she spent time home alone. Jenni wanted support to socialise and access her community to help with this.

Getting help from Community Connector

Community Connectors review Jenni's care package. They ask Jenni what is important to her and how she wants to spend her time. Jenni highlights wanting evening and weekend activities as there are no staff around at this time and this is when she feels most vulnerable.

Community Connectors use their community knowledge to link Jenni's interests to free and low cost community activities that will meet her needs.

1-1 Support is provided to build Jenni's skills and confidence in accessing these activities independently, including travel training so Jenni can travel in the community independently and safely.

Jenni's skills, confidence and resilience grow and she no longer needs support to attend community activities

Life afterwards.

Jenni explains how she loves and prefers her new activities over her supported ones

Jenni's social support hours are reduced as they are no longer needed. Happy being out and about in the community there is no longer a need for increased daily living support as Jenni is now managing her depression well.

Cost Savings

Daily Living Support was set to increase due to Jenni's increased Support Needs around her depression

£15215.20

Before Intervention

£7774.00

Social Support of 18 hours were put in place for Jenni to access the community

Year Total Cost

£22989.20

Jenni felt able to manage her symptoms of depression better as her time alone was filled by activities she enjoyed with natural support from new relationships in the community. This meant that her daily living support did not need to increase.

Savings

£7607.60

Following Intervention

Jenni's confidence, independence and resilience has grown with skill building support from Community Connectors. Jenni is now accessing community activities independently decreasing the need for social support hours. Jenni even commented that she preferred the new activities set up with Community Connectors as they were more in line with her interests and needs.

£5316.72

Savings

Year Total Cost

£10576.80

Yearly Savings

£12412.40