

“I want to help and be more involved”

Mair has been a resident in Llys Gwenffrwd since September 2015, she came to us following a stay at the community hospital. Mair was reluctant to engage in any interaction within the home and was continually worried and anxious regarding her finances and her situation.

The staff in the home wanted to support Mair to regain a purpose in her life and give her some responsibility back and a sense of purpose, so her **one page profile** was developed.

Since moving into the home Mair has had regular check-ups and meetings with health professionals to monitor her mental and physical health. Mair began to gain confidence with the staff and through many conversations with her and a greater understanding into her background we began to gain a better picture of who Mair is. We focussed on the positive aspects of her life , her caring nature and the need to help and support people around her and so we started to introduce tasks for Mair to complete each day, such as laying the dining tables, gardening and printing lunch menus, which she really enjoyed doing and gradually we increased these tasks. Mair now feels a valuable part of the home and achieves many important and essential roles each day; because of her involvement with the staff and residents Mair's confidence has grown and although she can be low in mood she now has a greater awareness of this and will come and chat with the manager and staff when she feels down.