

Becoming independent again

Following the development of a painful back condition, Newham Council's Enablement service supported Maria to regain her independence.

Maria had led an active, independent life before her diagnosis. But after developing a painful back condition she found it difficult to do anything that involved the slightest movement.

This led to Maria falling down the stairs and being admitted into hospital. Before being discharged, she was referred to Newham Council's Enablement service to see how she could be supported to prevent further accidents happening.

The Enablement team visited Maria at home and conducted an assessment to determine how best to meet her needs while she looked for a more accessible home.

Together they identified that Maria needed support to exercise, get out and about and avoid accidents.

Maria's outcomes

Maria was eligible for support funding and she chose to receive a direct payment to employ a personal assistant (PA).

Maria's PA visits her everyday to support her with her daily living needs, attending medical appointments and going swimming to help her with her back pain.

The Enablement team also ordered equipment for Maria that was installed by their technicians. This included bed rails to support Maria getting in and out of bed, a shower board, bath rails to help her in and

out of the bath tub, hand rails for the stairs and a special cushion to manage her pain when sitting.

"I went from being independent to nothing. It was so tough and I used to hate myself, but now I feel lucky to have this help. I am seeing my grand kids again and I can go swimming to keep my pain down. It's my haven when I get in the water because I'm in no pain. I'm a much more positive person" says Maria.

For more information about Newham's Enablement service contact **0208 430 2000** selecting option 8 on the menu.