

Case study

Mental Health – Single mum

The Carers Service Assessment identified:

- Carer found a carers leaflet in Blackburn College and referred herself to the service.
- Carer moved into Blackburn after years of abusive relationship ending in divorce. When she first arrived she had been pregnant and homeless and was going through a very traumatic time trying to settle in a new town. On top of this she was trying to look after her 4 children on her own; one of whom has epilepsy and ADHD.
- Carer and her family were not registered with a doctor
- Carer said that her mother and brothers had broken all links with her due to her divorce.
- Carer was stressed with the current child custody court case with her ex-husband.
- Carer said she was very depressed and at breaking point and needed help and support, especially with her child with ADHD.
- Carer was not in receipt of correct benefits.

Co-ordinated support offered:

- Carer was supported to get herself and her family registered with a GP as well as getting herself registered as a carer for her son. She was advised to discuss her son's behaviour with her GP as soon as possible, especially as the move was affecting him more than the other children.
- Carer was put in touch with the Parent carer's and Asian carers groups within the carers service for peer support.
- Carer was referred to the Wish Centre, for further support to come to terms with years of abuse and to help her to start to rebuild her life independently. She was offered person centred counselling to help her to cope with the many changes in her life.
- Carer also had debt and benefit checks to re-apply for the right benefits for her and her family.
- Carer was given information on services within the borough of which would provide her with support for herself and her children.
- CARER was offered emotional support and advice and guidance in regards to the court case about her children's custody. She was able to 'offload' in a safe and confidential environment.
- Support was provided to enable her to stay in at Blackburn College

Outcomes for carer:

- Carer and family all now registered with a GP
- Carer was able to make good and lasting relationships in these support groups.
- Carer attended various activities organised by the Service giving her opportunity to meet other carers and make friends.
- Carer now receiving all correct benefits, which has now increased her financial stability and security.

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- The counselling and other emotional support offered helped her to find her way into higher education; she is undergoing a part time degree course in Blackburn College.
- Carer was more confident in dealing with the court case and was successful in keeping custody of her children
- Children and much more content and settled now.
- Carer said she feels she would like to give something back to the Service and other carers - she envisages doing some voluntary work with the service in the near future.

Carer said, *“When I came to The Blackburn with Darwen Carers Service, I was expecting support with my caring role but what I got is much more, I am truly surprised! It is such a valuable service; the support I got helped me to feel motivated, safe and able to rebuild my life”*

What could the long term savings be because of this support:

- Support has increased the Carers motivation and enabled her to feel calm and focus on the positive and look ahead. This has been very constructive as it has had a very positive impact upon her relationship with her children and has resulted in her not needing any medical intervention or visits to her GP.
- She has set herself a goal to gain recognised qualification; this in turn will help her to secure a well-paid job upon completion, hence not relying on the benefit system. She wants to be a positive role model for her children and set a good example so they learn to work hard and be self-sufficient and independent.