

Room for Life: Case Study

Dorothy was our first volunteer to take part in Room for Life and since her stay the project team have remained in contact to see how life has changed for Dorothy.

Dorothy wanted to take part in the project as she was curious about what the project entailed, thought it was a good opportunity and was interested to find out about what was on offer for older people. On reflection of her stay Dorothy felt she achieved what she wanted, especially joining the Falls Prevention Group.

Since taking part in the project and attending the Falls Prevention Programme Dorothy has been engaging in regular exercises classes at her local leisure centre which she previously had not done. Dorothy found the most beneficial part of the project was being introduced to the Menu of Services and felt that in the future if she was to access health and social care services this would be an invaluable starting point for information as this is not accessible in other places such as GP surgeries.

When asked to describe her stay in the Room for Life Dorothy found the experience interesting, although recommending the project to others would be difficult as being able to take part is reliant on not having other dependents or pets. Dorothy had a number of interesting chats with the project key worker who shared community information and the menu of services. Dorothy felt having someone in this type of role would benefit people who would welcome having someone to talk things through with and who could listen, advise and share details of local community support available.

On reflection of taking part in the project Dorothy described the experience as being good, increased her understanding of what could be done for older people and ultimately she was pleased she took part.

For more information on Room for Life please visit our website:
<http://www.kent.gov.uk/social-care-and-health/care-and-support/room-for-life>

