

# Joseph

Joseph, an 80 year old man, was living on his own for approximately 15 years following his wife's death. An accident caused an acquired brain injury (ABI). Prior to the accident he was an independent man in charge of all areas of his life.



The ABI meant Joseph's thinking altered and he struggled to make day to day decisions. He was not coping at home doing any housework and was struggling bending and lifting. His unit was cluttered with clothes and the kitchen was full of dirty dishes and fat covering the benches and floor. There was limited furnishing and the bed he had was old and the mattress worn.

After weeks of building rapport with support workers, Joseph started to share his concerns that his family didn't stay with him or share a meal with him when they came to visit. They always looked uncomfortable at the unit. He said he no-longer had any pride in where he lived and just 'cannot get it all together'.

The support workers started working with him in the kitchen, looking at his safety and the amount of cooking oil he was using. Changing his cooking process also changed his diet. This in turn made him feel a bit better within his own health.

From there the support workers looked at where he was sleeping. The clothes were on the floor because there was limited furniture. They talked with him about going shopping for furniture to help sort his belongings. Joseph said he couldn't go out in public because he didn't have any nice clothes. This became his next goal: to look and feel nice to get out and talk with people.

With his consent staff purchased a new pair of pants and a new shirt. Joseph then went shopping himself for more clothes and second hand furniture.

Joseph's whole outlook changed. His family came to visit and shared a meal at his unit. He said he felt so good and proud of what he had achieved. With limited support, Joseph maintained his own unit and his own personal appearance.

Joseph engaged more with the wider community – by spending more time in the street talking with people meant he was out exercising more thus improving his health and wellbeing.



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