

Joy

Joy is approaching her 92nd birthday. Joy is a highly valued and proud Elder of the Aboriginal community. Joy has been receiving domestic assistance and home maintenance support for several years.



Following a re-assessment, it was identified that she was at the beginning stages of dementia and was struggling to cook regular meals for herself.

Joy was unreceptive to food services, as she worried about the cost, and had tried them previously. She preferred the food she prepared herself. Joy was struggling to organise herself for shopping, work in the kitchen and manage her finances to purchase the ingredients to make the meals that she preferred. Despite these challenges, Joy wanted to continue to cook her own meals.

After following up with Joy and her daughter, it was agreed to trial supporting Joy to cook at home once a week and prepare some meals for the remainder of the week. Additional meals would be supplemented and provided by her family. The longer-term plan was to move her onto packaged meal services when she needed this level of support.

Joy was matched with a support worker who is a marvellous cook on a tight budget. They started going shopping together to build rapport. Over several weeks they discussed what sort of dinners and lunches Joy preferred and changed her shopping routines to include a few complete meal items. A few weeks in they began cooking after planning and shopping for the ingredients. The support worker encouraged Joy's involvement and worked out her strengths and capacities with a plan to assist with organising workstations and getting her started. The support worker only stepped in when needed to help make up a few days meals at a time and put them in the fridge or freezer.

The key to this working successfully was that the support worker regularly shared lunch with Joy, who otherwise ate alone much of the week.



*Case
Study*

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