



# Elder Care

## Meet the People We Help...

### **Problem**

When Sylvia's husband died suddenly, the 62-year-old woman began to suffer from overwhelming grief and anxiety. With difficulties in seeing and walking, it wasn't possible for Sylvia to seek the psychological counseling that she needed on her own. Her son contacted the JF&CS to arrange for his mother to obtain the help she needed to begin recovering from her loss.

### **Solution**

A geriatric psychiatrist travelled to Sylvia's home to perform an initial assessment of her emotional health and then prescribed her anti-depressant drugs. Subsequently, a licensed clinical social worker visited Sylvia weekly for several months for grief and bereavement counseling, and later to help her cope with other family issues. The social worker also arranged for transportation for Sylvia so she could get to her local garden club meetings and to do volunteer work in her community.

### **Outcome**

Sylvia slowly rebounded from the grief caused by her husband's death and to lead an independent life. "She is beyond thankful when we come to visit her," her counselor says. "And she now has the strength and motivation to reinsert herself back into her community. Without our assistance, she would be sitting alone in a dark room."