

# TERESA'S TURNAROUND STORY

## “Getting off the couch”



## Teresa's Turnaround Story

A 62-year-old mother of two, grandmother of three and wife to partner Frank, couldn't get off her couch.

*“As a result of my GP and Sarah working as a team, my health has improved. I feel more alive, I feel better, and life is beautiful again. Thanks to my GP and Sarah, Frank and I go out most mornings walking, shopping, watching people and enjoying a cappuccino”*

### Executive Summary

A resident living in the community, supported by her GP to connect with the local GP Social Work Connect Program, is happy to share her success story with the community to inspire hope, change and new possibilities to all within the Northern Sydney Suburbs.

### Challenges

Life was simple, Teresa woke up, had breakfast, had her morning coffee, got dressed and said good morning to her husband and grandchildren, before turning her attention for the next seven hours on her couch watching television. Teresa felt hopeless, miserable and stuck. Teresa's health condition had deteriorated over time. Her physical and mental health were complex and became chronic without her realizing that it was happening.

## How We Helped

Working in partnership with Teresa under the GP Social Work Connect Program. Teresa and her family received help to navigate the complex social services sector, helping Teresa to work towards independence and to become socially more active. Teresa support was personalized, her goals, hopes and dreams were discussed, and a plan was put in place to “make it happen”.

Teresa’s Social Worker initially provided Teresa with information, followed up with supporting her to access the services and activities Teresa was interested in exploring. At times, simply encouraged her and reminded her what she is capable of.

## What’s Better as a Result

For Teresa, things have changed for the better, she says, “As a result of my GP and Sarah working as a team, my health has improved. I feel more alive, I feel better, and life is beautiful again. Thanks to my GP and Sarah, Frank and I go out most mornings walking, shopping, watching people and enjoying a cappuccino. With the social groups I have joined I have been able to talk to more people, go to dinner at the local club, visit Sydney Harbour, and see the Christmas lights”

Teresa’s life has turned around, moving from being socially isolated and suffering from poor health, to a more healthy, independent, and socially active member of the Northern Sydney community.

*“Sarah sometimes helps by telling my GP what things she needs to do to help with the services and she helps us with a lot of the paperwork. She helps me to relax. I feel like with the help of my GP and Sarah I have a team. My team helps me with the NDIS and my health”*



*Frank, Teresa’s husband of almost 40 years, had become her full-time carer. “Frank does all the cooking and cleaning. He’s a very good man,” Says Teresa*

