

## **Vignette sixteen**

I've been working alongside a lady who was in a depressed state who has schizophrenia. I had been working with her for about 18 months. Her goals were to get organised in her house, to lose weight, and she wanted to do a course. She wanted to get back into the community. First of all we had to build up her confidence because she had no self-esteem and she thought she was ugly and nobody liked her. She kept herself very isolated and stayed at home all the time. We went for walks along the lake so she could get out. When we did get out she would say hello to people and they would say hello back to her, and she didn't realise. She said to me, "It's lovely to say hello to people then they say hello and smile back". She always wore black. I took my sewing machine there and we bought some white material and some purple material and she sewed up some wraps to wrap around her waist over the top of her black pants. She always wore black tops, but she started buying black tops with designs on them in colour. ...we went to the chemist and she looked at the make-up and she bought herself some make-up, and she was really happy with herself. She was a totally different person. She just beamed. She lost weight. She went on a green prescription and went to the gym and swimming. We wrote up rosters for the house so she could organise herself – what she did when she first got up in the morning, and, after that, go for a walk. She started to go for walks by herself without having me to walk alongside her. We got it so she just went off and did things by herself, because she didn't need to have somebody go with her. She wanted to do a Community Support Workers course, and she wanted me to find out all the information about. I got her the names of who to ring, then I got her to ring the people themselves, and now she's doing a course.