

Case Study - Finding Resources

A young woman was unable to walk after an automobile accident, and became depressed, sad and hopeless. She used a wheelchair, and had to ask others for help. She was not eating well, bathing, or doing her exercises.

She told her counselor that her husband was angry about having to do some housework, laundry, and taking care of the children while she was recovering. He would not help her with bathing, or exercises. She said she was too tired to cook for herself while he was at work.

Your assignment is to help her find the phone numbers and/or websites for the following services in your community:

Find contact information for your county's social services and public health nursing services. Call 211 to find out if Home Health Aide/Homemaker or Personal Care Assistant services are available in your area for bathing, exercises, and laundry. Optional: Also check at www.resourcehouse.org

Find out how much home delivered meals would cost and if they are available for temporary use when her husband is at work.

Find out the nearest place she could go for family counseling with her husband and children, who were also upset by the accident.

She was worried about her husband's temper, and wondered if she was at risk for abuse or neglect. Find out who she could call in your area for help if she needed to go with her children to a safe place, like a women's shelter.

She wanted to contact a mental illness organization to help her find out more about coping with her depression. List at least one trustworthy website for support.

Where could she find information about the specific medications she takes?
