

David's story

David, likes nothing better than to pop out for coffee where he can people watch. Being a creature of habit, lockdown curtailed this daily ritual, and it became clear over the phone that he was starting to feel very low as he was missing seeing people.

Recognising that action needed to be taken, Dan, his Independent Living West Country Support Worker, arranged to visit his David every day during the Covid-19 lockdown, taking him a cake, shopping and medication, and staying for a chat to relieve him of the temptation of going out. As a heavy smoker, susceptible to respiratory conditions, keeping David occupied became key to shield his health from the possible contraction of coronavirus

Over the passing days, Dan could see that he was still struggling to cope, so to help break up the monotony, and to provide a new focus, Dan offered to brighten up the interior of his flat.

Realising the he had some paint hanging around, David agreed to let Dan put a sample on the wall to see what it looked like.

Dan started by sugar soaping half of one of the nicotine stained walls, to see how his client - who struggles with change - felt about it. That went down well, so Dan then applied a coat of paint. Little by little the apartment, which hasn't been decorated in 21 years, began to transform. One wall turned into a repainted ceiling, new curtains and a fresh lampshade.

Taken step-by-step, to ease the pace of change, the transformation in both the David's mood and his surroundings has been truly astonishing. Within days he started to get involved, enthused by the difference, working on a wall on the opposite side of the room to maintain social distancing.

"When Dan suggested doing the place up, it came as a nice surprise," says David. "Dan's a really good companion, and he's helped me in so many ways. It's been good to have his support, and the cake.

"For me, it's been a really helpful process during lockdown, keeping me occupied. It's made life easier to cope with, especially as I was at a little bit of a low before we began the project.

"I've got involved where I can, and now the flat is so much lighter and brighter. I can't wait to show off the transformation to my friends, particularly the living room."

David adds: "There's still a bit more to do with the hallway and the bedroom, but I'm very proud of what we've achieved. I expect others will be asking for similar help too."

The redecoration process has not only served to brighten David's disposition, but it's made life in lockdown, which is so stressful for so many, manageable, even enjoyable, aiding David's wellbeing and enthusiasm for life.

Given that the suggestion of renewing even an old and worn bathmat at the start of the pandemic was almost a step too far, the makeover has proved to be an ongoing revelation.

To date, the pair have completed the living room/kitchen and now they have their sights set on completing the hallway and the bathroom.

It's all part of the unique and holistic service that Independent Living West Country offers to its clients, changing lives for the better and helping individuals on their path to greater independence.

If you would like to find out how Independent Living West Country can help you, a friend, family, client or patient, do please get in contact.

Working with private clients as well as those supported by the DWP and Devon County Council (DCC), we create tailored packages informed and approved by DCC Support Workers where appropriate. Designed to meet the precise needs of each individual, our packages of support are always built to help our clients on their journey towards greater independence.

You can find out more about our range of services [here](#) or simply call one of the team on 01392 467007.