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Social Work Practice Case Study

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Social Work Practice Case Study

As individuals continue to age, they are faced with significant challenges in their life, that require them to need help. For instance, some challenges the elderly face are the deterioration of mental and health abilities and handling issues such as the death of family members and friends that have stayed together for many years (Youdin, 2014). Also, most of the elderly always live on a fixed income, and others cannot get any payment. This makes the elderly individuals feel that they do not need to live longer because they are not productive in society, resulting in depression. Furthermore, the elderly cannot handle their daily duties, which is when geriatric social workers need to intervene and make them have a sense of purpose in their life again.

Based on the study, Martha stays with her mother-in-law Ann, her health and mental being have declined for several months. She is unable to take care of herself, including bathing and clothes, hence deterioration in hygiene. Similarly, Ann has refused to get help from Martha and any assistance that Martha could offer from other people, the mother-in-law refuses. Since the doctor has referred Martha to me, I have significant knowledge of geriatric social work because I have worked with several other elderly individuals with varying conditions. Youdin (2014) stated that geriatric social workers work closely with the medical and health specialties such as therapists and psychiatrists to assist the elderly to improve their lives.

Since Ann is resistant to getting help, I would first enter their home since Ann did not want help from Martha. This will provide an important moment for me to talk with Ann alone. Handling the elderly with resistance to help is always challenging; I would take several visits to Ann's home for some time to ensure she gains some trust. Social Care Institute for Excellence (2016) claimed that most elderly clients who are resistant would accept help when they trust the person who brings aid. Therefore, creating trust will be appropriate at this point. The next step

will be to contact Ann's doctor for consultation reasons; then, after gaining trust, we will create a care plan with the doctor comprising short and long-term strategies. This will then be explained to Ann on why she cannot do it alone.

The next step is to ensure that Martha is informed and well-educated concerning Ann's disease and assist her in following the new methods of interacting with her mother-in-law. For instance, Martha can use techniques that will not result in anger and resistance. Social Care Institute for Excellence (2016) claimed that social workers play a role in thinking critically on better ways to ensure the old client has improved life, for instance, by decreasing stress, handling issues, and managing mental health situations. Moreover, Social Care Institute for Excellence (2016) stated that addressing old clients will require the social worker to have problem-solving skills that will help in finding solutions for the challenges between the patient and client. For instance, Ann does not have a good relationship with Martha because she does not need any help from her.

The short-term goal that I will set is first to ensure that Ann has gained trust in me to help her. This will make the social worker assess her conditions to improve her life and provide her with independence. Ann's health assessment should do as soon as possible to realize if she will stay at home care or nursing care. LaSalleTV Philly (2014) claimed that when the client is in home-care, they can receive services such as getting meals and helping them in daily living activities such as bathing, nursing nature services, and physical and occupation therapy. On the other hand, nursing service will provide skilled nursing facilities, independent living, and a structured environment. The final goal is to have a meeting with the staff and decide on the best facility that will fit Ann based on her needs. Hence, making Ann have better care and transition

her life, and that of her daughter-in-law, therefore, maintaining their relationship and allow Martha to continue with her work demands.

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