

Meet Caroline

A story of overcoming physical barriers and reclaiming an active, fulfilling life

When Caroline started working with her Community Connector, she set clear goals. She shared, "I am not living my life the way that I want to. I want to make the most of my remaining time and I need to get out to see people."

Finding the Right Support

Caroline had always enjoyed an active social life and was in good spirits. However, a bad insect bite on her leg led to a prolonged hospital stay, significantly impacting her mobility and creating physical barriers to living as she desired. Despite her family's support with shopping, Caroline yearned for independence, wanting to choose her own groceries and avoid becoming a burden.

Taking Action

Her goal of gaining independence seemed within reach when she began participating in Walk & Talk with her Community Connector. They started with short walks, gradually increasing in confidence, strength, and duration. The conversations during these walks became a highlight for both.

The Impact

Caroline's determination paid off. She shared, "I feel brilliant! I feel like I have achieved something. My family is amazed. I'm so glad I took up the offer."

