



Social work with
Older People
research



How can a Social Worker help you?

This information has been developed by the Social Work with Older People Research Project.

It draws on real-life experiences of older people, family and friends, and highlights the contribution that social workers can make to people in later life.



As we grow older, many of us need some form of support. Asking for help can be worrying, but anyone who is finding it hard to cope due to emotional, physical or mental health challenges, may be eligible for support. Having a social worker can be a way of getting the help you need to live a happier, healthier and more independent life, for longer.

What is a social worker?

A social worker is often someone employed by the council. They are highly-qualified and follow a professional code of conduct.

They are there to listen and understand, provide emotional support and find out what's important to you. They use their experience and training to give you up-to-date information about what practical, social, and financial support you're entitled to, and is available.

They will talk you through your options, help you come to decisions for yourself and guide you through processes, that can otherwise feel overwhelming.



Arin's story

We want to be independent, and my wife says she likes caring for me! I struggle to remember things, so when she became ill, I went into a care home until she came back.

The social worker in the hospital asked us what help we would need when we went home. At first, I didn't want to tell her we were struggling. I wanted to say everything is fine, so they would stay out of our business and leave us alone, but I'm glad I opened up. It was just such a relief.

I was worried we only had two choices. Struggle on, or go into a care home. But the social worker knew there were other options. She talked to us about what could make our lives, in our own home, more manageable.

She didn't push us into anything. It was all about how to make what we wanted, work for us.



To find out more about Arin's story and Carla's story, watch the animation at: www.swopresearch.wordpress.com



You don't have to do everything alone.

To find out more, just ask.

- Ask your local Council by visiting their website or ringing their contact number
- Ask your Doctor



To find out more about the Social Work with Older People project, visit www.swopresearch.wordpress.com