

## Josie - Case Study



Josie is a middle aged lady who lives with a mild learning disability and bouts of psychosis. She is a very shy and quiet person who lives alone independently. She has a small group of friends at the centre and really enjoys spending time with them. She loves movies and attends the local cinema every Thursday to watch an old movie.

Josie attends our Bowersdale Resource Centre 5 days a week, rain or shine all year round. She enjoys attending party events and having a little dance. She also gets involved in activities such as drama and music.

At times she has been quite introvert however recently she has begun to attend our “Lets talk mental health” group which has really empowered her to open up and step outside her comfort zone. Josie is now taking part in numerous new activities, building relationships with new friends and starting to become a lot more confident within herself.

Staffs at our centre create a safe environment where Josie feels more confident to share her experiences and thoughts with others.

Through staff positivity and encouragement Josie has realised she has a voice!