

Case study

Caroline is 60-year-old women, who has mild learning disabilities. She has a long history of trauma and abuse, she experienced childhood sexual abuse, domestic violence, and sexual exploitation in adulthood. Caroline has recently left a long-term abusive relationship, which left her feeling isolated, lonely and completely lacking in confidence and self-esteem.

Caroline lives alone and doesn't receive support from any other agencies.

Caroline wanted support to learn about relationships, this included identifying red flags for signs of an unhealthy relationship and what a healthy relationship looks like. Caroline wanted support to understand how to put boundaries in place, develop her assertiveness and increase her self-esteem.

Things to consider

What key themes would you think about when supporting Caroline? You could work with Caroline to look at:

- Developing confidence and self-worth,
- Exploring boundaries and how to put boundaries in place.
- What is a healthy relationship and identifying red flags.

What tools could you use?

You could support Caroline to think about her self-care, supporting her to think about things that make her happy and what she can do to relax.

You could support Caroline to think about her rights as a person using the easy read bill of rights.

You could work through the healthy v's unhealthy worksheet thinking about what behaviours might be present in a healthy relationship or unhealthy relationship. You could complete a relationship contract with Caroline to support her in thinking about the type of qualities she would value in a partner and how she would like to be treated.

What other services or support might you recommend or signpost to?

As Caroline's confidence increases, you could discuss making referral to befriending groups, social groups, or peer support groups.