



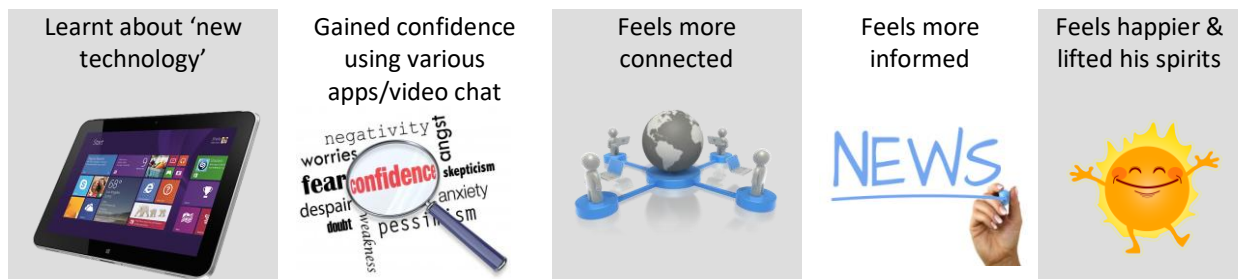
## Digital Freedom 50+ Partnership Project: Case Study

### Background

Mr Z is a widower who lives alone with support from a friend who he treats as a daughter; she lives nearby and visits him a couple of times a week. He was struggling with social isolation due to Covid-19 restrictions. He came into contact with the Rapid Intervention and Treatment Team due to a sudden change in his mental health.

Mr Z was introduced to the Digital Freedom 50+ project by his Care Co-ordinator after the project was shared by an RITT Occupational Therapist. He was supported to use a tablet device by the RITT team.

### Benefits of Using the Tablet Device Provided by Digital Freedom 50+ Lancashire



In Mr Z's own words:

*"Before receiving the tablet my knowledge of current technology was almost nil. I often say it has passed me by. I still have a good brain and mind and do a lot of word games and was judged to be quite intelligent. A Doctor came to visit me after I had come out of hospital and questioned me on what I did to engage myself as I live alone. I received a copy of her report from my GP and I*

*mentioned that I had applied for the Digital Freedom project. I hadn't a clue what it was until one of the team who visited me explained. I was actually taken aback but after discussing it with a close friend who is much younger than I, we agreed, with her tuition, that I could make good use of it.*

*So far my friend has taught me to use BBC IPlayer, BBC News, BBC Sport, Lottery results, Video calling (although I am not as good at that yet). I am quite confident in using these now.*

*I have good neighbours but when the weather changed I found I was spending more time alone. My friend works 2 days each week. I turned to my word games to fill the gap but found there were still lonely spells which I didn't enjoy. Since receiving the tablet my time has been used more beneficially. My friend stressed that I should use the tablet every day to get fully used to it. Consequently I am using it more often. I am keen on most sports, but most importantly I have been using it to keep up to date with the News. I used to work for a large Pharmaceutical company and am very interested in anything to do with the COVID vaccines. I have used the IPlayer quite a bit.*

*I have used the tablet to keep well informed about the Virus. I look at it daily to keep up to date with everything. It is getting particularly interesting now with all the vaccines and I am keeping my older friends up to date with all that is happening. I find the tablet gives me far more detailed information than the TV or Newspapers.*

*The whole process has pleased me considerably. I feel extremely grateful for the process that allowed me to have a tablet. It has lifted my spirits in getting through these difficult times. One of the biggest benefits I find is that you can use it anywhere, anytime. The screen is so clear and bright. I tend to spend most of my day in the conservatory but used to find that the brightness stopped me from using my TV and currently the dark days made it difficult for me to do my word games. My eyes are not what you would call "good" but the clear bright screen allows me to use it anytime and that is a big benefit to me."*

*"I would be most happy if my story could persuade some other person to take up the challenge. I am most grateful and thankful for this gift. It has turned out to be of great use and enjoyment".*

*Mr Z's Occupational therapist reported "Access to the internet has been a real opportunity for Mr Z, as you can see from his feedback, he is loving it. We have now discharged him from our service as he is doing extremely well".*