
EMMA CASE STUDY

SLIDE 1

Emma is an 81-year-old woman of color who was recently widowed. She lives independently in her small home in a large city.

SLIDE 2

She has always been fairly active in her community; she liked attending church, chair exercise class, and occasional social outings with a few very good friends.

SLIDE 3

However, because of the COVID-19 pandemic and quarantining, she is lonely, isolated and has found very little joy. She has reported to her friends and family (she has one daughter in Colorado) that she feels down and anxious/worried due to all the things happening in the world.

SLIDE 4

Emma does not currently have a smart phone and only has a 4-year Kindle she received from her daughter as a birthday present.

SLIDE 5

Lately she also finds that she has little energy to manage her home and that for the first time in her life she has trouble falling and staying asleep.

The only blessing she says that has happened lately is that she has received her 2 COVID-19 vaccinations.

SLIDE 6

For the past year, Emma's diabetes has become increasingly unstable and has had a visiting nurse stop by every two weeks. The nurse is concerned because she has detected a negative change in Emma's emotional well-being.

The nurse did ask about her mood, appetite, and sleep patterns. Emma is vague with her responses and says she's "fine."

SLIDE 7

The nurse requests a social worker to speak with Emma to see if any community services would help. After an evaluation by the social worker, a wellness team including a counselor, discusses Emma's care, and they are all concerned about possible depression and the effects on her physical health.