



# *Acenda Integrated Health*

## *Older Adult Services*

### **UWGC IS HONORED TO PRESENT AN ACENDA INTEGRATED HEALTH SUCCESS STORY STARRING...SUZY**

Sixty-six-year-old Suzy (name changed for privacy), was referred to our Older Adult Services program from Senior Services. Suzy was caring for her terminally ill husband and was feeling anger and depression. Suzy felt resentment toward her husband who began to verbally and emotionally abuse her as his health declined. She felt isolated and alone and agreed to meet with OAS staff.

Initially, Suzy reported feeling irritable and sad most days. She stated her goals for therapy were to find ways to manage her negative feelings toward her husband and find positivity in her life, as well as find peace within her relationship with him since his illness was quickly progressing. Through support from her therapist, she began to increase socialization and found purpose in life that increased her overall well-being. Sadly, Suzy's husband passed away. With OAS assistance, Suzy wrote a eulogy and read it at the funeral, something she originally did not plan to do. Suzy admitted that her decision to write and read the eulogy was one of the most powerful experiences she's felt and was grateful to have done so. Suzy reported finding peace with the changes in her life, and stated that the OAS program "changed my life".