



Patrick MacLauchlan

Beneficiary

Patrick MacLauchlan lives alone in Drogheda. mPower Community Navigator Karen worked with him after he was discharged from hospital.

“I wasn’t inclined to go out and search for all of these things myself. I was living a perfectly quiet alone life and wondering what to do next and my prime interest was to stay healthy. And not go to hospital. But Karen came along and said there are things you can do which even though you’re in your eighties now you can stay active for much longer, both mentally and physically.

She brought her wellbeing plan to my attention. And we agreed what elements came to interest me. And I picked several of them and I activated several of them.

Well, it’s nice to have somebody come and talk to you from time to time because I like the idea of having an alternative to just looking at television.

There’s a lady that comes and does physical exercise with me and that was very useful. And it’s really activated me and now I do quite a lot of walking and I’ve an interest in being well.

Karen put me in contact with people who provide food. So I’ve been in contact and I get a new food supply every week.

Alexa was new to me. I turn it on first thing in the morning when I come down to breakfast and I see what’s happening in the world.

I can call and get phone calls from my family and they can see me pictorially and my son, who lives down in Dublin, particularly, he’s a doctor and he looks at me quizzically and he says “ok you’re ok”. “Are you walking a lot?” And I said “yeah I’m walking a lot”. “Are you eating good food?” “Yeah look at my breakfast” and so we can see my face and he says “yeah this guy’s still ok”.

I don’t know what I would have done without this. I might have been sliding back into a quiet time and not a lot of interest in life or activity. Just wondering when the next hospital appointment might come along. And so this was a big change. It was like, it woke me up essentially. And said there’s more life left. Let’s get on with it.”

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