

# THE THREE PHASE PROGRAMME

## The Walking Programme

This programme will consist of a trained individual tasked with walking alongside an Agoraphobic sufferer under the supervision of the sufferer's GP. This graded exposure will be undertaken for 1 hour a day, for three months to help the sufferer achieve his/her agreed goals.

## Working and Hobby

This programme will consist of practical help and where possible, provide workshops and work opportunities where the sufferer can achieve a degree of independence to improve their self-esteem.

## Safe Environment

We have the opportunity to use a large house in a local area where we envisage it being utilised as a safe-haven for sufferers and staffed by people with medical knowledge, or having recovered from Agoraphobia themselves, therefore having first-hand experience in how to aid recovery.

# NINETY DAY PROGRAMME STRUCTURE

## THE NINETY-DAY PROGRAMME:

- a) To be decided after consultation with the sufferer's GP and the client.
- b) Daily home visit/s to enable the client to feel at ease with the support team
- c) The programme will be tailored to the client's set targets and goals.
- d) All aspects of the programme will be monitored and recorded. Three copies are to be made- one for the client, one for the client's GP, and one for the Office.

Clients and their GPs will be asked to provide information on the client's progress.

## WALKING TO FREEDOM

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## Walking to Freedom Project



Q. What is agrophobia?

A. A problem that robs people of LIFE and FREEDOM

## WALKING TO FREEDOM



# AGORAPHOBIA

## SUCCESSFUL FAILURES

### Walking to Freedom Project

The Walking to Freedom Project aims to provide relief and support to people suffering from Agoraphobia related problems through the provision of support groups and carers who offer practical help. Alongside this, the project will provide work projects and opportunities that will contribute to a recovery programme.

The programme will be aimed at facilitating a better quality of life for the sufferer, as well as a degree of independence and self-worth.

Due to a lack of resources available, a coalition between Successful Failures and other Agoraphobic sufferers has been formed to establish a training and awareness course which will enable support groups and carers to deliver support to those in need of help.

This course is specifically designed to suit the sufferers' needs and aimed at helping them reach what will be an agreed goal, set by the sufferer. agreed goal set by the sufferer.

To understand a person's mind, look at what they already have achieved.

To understand their heart, look at what they long to do.

Once you find the key to that person, use it with INTEGRITY.

Only with their permission, and only for their benefit... not your own.

Published by U.C.B. 28th/4/2000

To alleviate conditions and problems encountered by people suffering from the condition known as Agoraphobia. Through the provision of trained personnel and where possible, to provide practical help to achieve a better quality of life and degree of independence and self-worth.

### Agoraphobia - The problems

#### *The Agoraphobe?*

The lack of knowledge and lack of help in the community can lead to the complete or partial ability to:

- Go out alone
- Stay home alone
- Go to the letterbox
- Go to the shops or supermarket
- Be in open or crowded places
- Attend theatres or cinemas
- Attend school functions
- Go on family holidays
- Take children on outings
- Visit relatives in hospital
- Cope in hospitals
- Keep appointments at doctors, dentists, hairdressers, etc.

The subjects covered within the training courses are:

- **An understanding of Agoraphobia** - textbook knowledge, and understanding from the sufferer's point of view.
- **Social Skills** - the ability to work with people, how to encourage them gently but firmly, and to have patience.
- **Planning** - ability to formulate a personal plan for the sufferer, and to explain it clearly.
- **Self Help** - how to encourage the sufferer to maintain a diary of progress.
- **Issue Management** - common issues that will surface with many sufferers and how to work through them.
- **Crisis Management** - how to cope with serious adverse reactions, eg. panic attacks.  
How to identify early warning signs, eg. rising stress levels.
- **Legal Requirements** - knowledge of the legal boundaries of the job.

### What the Walkers will do

This programme will provide a trained individual, tasked with walking alongside an Agoraphobic under the general supervision of the sufferer's GP. The walker will establish a series of goals with the sufferer and ultimately work with them to achieve those goals. For example, walking to the front door, then opening the door, finally stepping out. Incrementally, through repeated practice, the sufferer will gain confidence to move further away from their house, and eventually be able to attend a workshop.

### The Workshop Proposal

This programme will establish one or more workshops where sufferers are able to be involved in a craft or hobby. The purpose will be to improve their self-esteem and enhance their independence, aiming to bolster confidence to a level where the individual can move to the next stage.

### The Safe House Proposal

Once the individual is ready for a further challenge, we will have a third stage available for them. At a safe house, they will be able to improve their confidence further through a series of intensive sessions, accompanied by a medical practitioner or recovered Agoraphobic.