# Secondary mental health case 7: Jane Wright

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| **MENTAL HEALTH OCCUPATIONAL THERAPY**  **Name:** Jane Wright  **DOB:**  07/07//1962  **Address:** 13 Mornington Drive, Andale  **Case Number: MH**007  Ms. Jane Wright has been diagnosed with Generalised Anxiety Disorder. She lives with her husband (Robert), and has three adult children (Lisa, Jarred and Cara) who have all left home. Jane has always been a homemaker, and is very interested in crafts (particularly scrapbooking and patch working). She recently became a grandmother for the first time, a role which she very much values.  Jane recently began to find it very difficult to leave her home. She requires assistance to negotiate travel to visit her elderly mother, who lives in her own home several suburbs away. Jane cannot articulate what specifically concerns her about being in the community, but her anxiety can be overwhelming at times.  Jane has a good relationship with her local GP, who has known her since before her children were born. He has suggested she see a psychologist, but Jane is resisting this as she doesn’t think she is ‘that sort of person’. She takes sertraline, but does not always remember to take her medication if feeling particularly stressed.  Please complete the following tasks:   * Research three ways that Jane might secure assistance to help her overcome her current issues with being in the community. * Research the support groups (both real life and online) available for people with generalised anxiety disorders, and assess which would be the best one to suggest to Jane. * Post these documents in the case conference forum in the LMS * Report back at case conference |

**Notes:**

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