



Vignette



Hilda

- Born in 1946, aged 79 years.
- Widow to Carl (1939-2014).
- Carl and Hilda migrated from Germany to Australia in 1970, when Carl, an engineer, was contracted to work on the Snowy Mountain Scheme.
- Hilda and Carl started a family soon after their arrival. Hilda was a stay-at-home mother, parenting 2 sons who are now in their 40s, both live interstate with their own families.
- Hilda receives the age pension. She frittered inherited money during an acute mental health episode in 2022 and was forced to downgrade from their 4-bedroom family home to a 2-bedroom, third floor walk-up apartment where she lives alone. There is no lift, and stairs are difficult due to her COPD. She has an increasing risk of isolation.
- Hilda trained as a visual artist in Germany. She has always been a prolific painter; and still spends a lot of time painting. She has set up a studio in the second bedroom and her apartment overflows with her art, which can be a potential trip hazard.
- Hilda has been seeing the same GP since 2017. They share a good and mutually respectful relationship. The GP manages her bipolar mood disorder, COPD, and osteoporosis treatment plans. Hilda is prescribed lithium, puffers and Prolia, +/- calcium and vitamin D.
- When she is mentally well, Hilda is generally adherent with meds, affable, switched on, charismatic and witty.
- During semi-regular acute bipolar episodes, Hilda spends excessive money, while alienating neighbours, friends and family. She becomes non-adherent with meds; and indulging in reckless behaviour - resulting in loss of her driver's license in 2023.
- Recently Hilda appears to be more chaotic, confused and defensive than usual, as noted by both the GP and community nurse.
- Current supports:
 - Carer – a neighbour adjoining flat. Single woman, 40s.
 - Community Nurse - for med management (since loss of license).
 - Psychiatrist - who has been involved in reviewing medication. Hilda prefers not to go often as it is too expensive.