

# research in practice

## *About Josef*

### *Josef's story*

Josef Mazur lives in a small town with his mother Dorota who is 39. Dorota was diagnosed with Bi-polar disorder seven years ago after she was admitted to hospital. She is currently unable to work. Josef's father, Stefan, lives in the same town and he sees him every few weeks. Josef was born in England. His parents are Polish and he speaks Polish at home.

Josef is doing a foundation art course at college. Dorota is quite isolated because she often finds it difficult to leave the house. Dorota takes medication and had regular visits from the Community Psychiatric Nurse when she was diagnosed and support from the Community Mental Health team to sort out her finances. Josef does the shopping and collects prescriptions. He also helps with letters and forms because Dorota doesn't understand all the English. Dorota gets worried when Josef is out. When Dorota is feeling depressed, Josef stays at home with her. When Dorota is heading for a high, she tries to take Josef to do 'exciting stuff' as she calls it. She also spends a lot of money and is very restless.

Josef worries about his mother's moods. He is worried about her not being happy and concerned at the money she spends when she is in a high mood state. Josef struggles to manage his day around his mother's demands and to sleep when she is high. Josef has not told anyone about the support he gives to his mother. He is embarrassed by some of the things she does and is teased by his friends, and he does not think of himself as a carer. Josef has recently had trouble keeping up with course work and attendance. He has been invited to a meeting with his tutor to formally review attendance and is worried he will get kicked out. Josef has some friends but he doesn't have anyone he can confide in. His father doesn't speak to his mother.

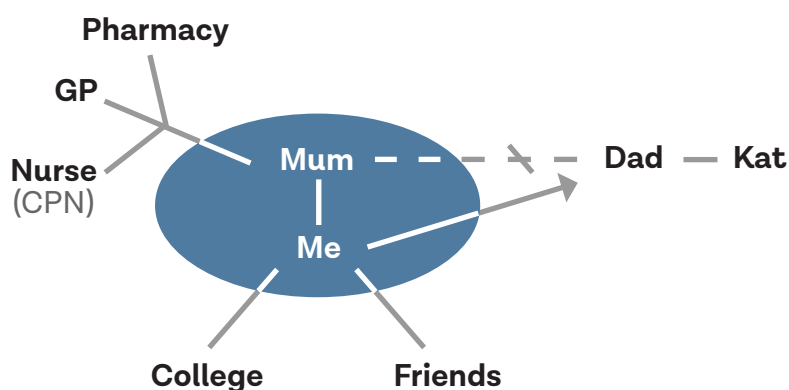
Josef sees some information on line about having a parent with a mental health problem. He sends a contact form to ask for information. Someone rings him and he agrees to come into the young carers' team and talk to a social worker.

You are the social worker and have a meeting with Josef.

## One-page profile

What others like and admire about me	What is important to me
I can draw	Mum being well and happy
Good at football	Seeing my dad
Level 9, God of War Ragnarök	Being an artist
	Seeing my friends
How best to support me	
Tell me how to help mum better	
Don't talk down to me	
Talk to me 1 to 1	
Let me know who to contact if I am worried about something	
Work out how I can have some time on my own so I can do my college work and see my friends	
Don't tell mum and my friends	

## Ecogram



### Questions

How can a human-rights approach empower Josef?

What social work capabilities are needed to build a relationship with Josef?

What considerations are there around capacity, confidentiality and consent?