



Willowbrook
Quality Homecare



Case Study 7: Alcohol Dependency

Background:

Client G moved into Riverside Heights in August 2020. At the time of admission, he was alcohol dependent. His routine involved going to the local pub every morning to meet a friend, typically consuming two to three pints of alcohol before returning home.

Developments Over Time:

Over the past year, concerns have emerged about an increase in Client G's alcohol consumption, with some days seeing an intake of five pints or more. Due to this escalation, and with Client G's consent, an appointment was arranged with a GP, which was attended by both Client G and his support team.

Medical Intervention:

During the GP visit, the doctor referred Client G to SPARKS, a local alcohol support service. Client G attended his first appointment with SPARKS on 18th August 2025, again with the support team present at his request. He expressed a clear motivation to reduce his alcohol consumption.

Initial Plan and Progress:

At the initial session, SPARKS recommended that Client G aim to reduce his intake to two pints per day. Client G agreed to this target. By the following session on the 1st of September 2025, Client G reported a positive change, he had reduced his intake to two large shandies and was occasionally substituting alcoholic drinks with Coke.

The counsellor at SPARKS was pleased with this progress and referred Client G to the Befriending Service to support his social engagement and further encourage lifestyle changes.

Current Status:

Client G is currently maintaining his reduction, regularly consuming only two large shandies, and making a conscious effort to choose non-alcoholic alternatives like Coke. As a result of this progress, SPARKS has adjusted his appointment schedule to once every four to six weeks.

Conclusion:

Client G has demonstrated a strong commitment to reducing his alcohol intake and has responded positively to the support provided.

Continued monitoring, encouragement, and engagement with community services (*such as Befriending*) will support him in maintaining these changes.