



## CHW Supports Client in Improving Health and Opportunities

**Codington County Community Services CHWs assist clients in their communities to work towards increased self-sufficiency.**

The Codington County Community Services IMPACT Program Community Health Workers (CHWs) bridge the gap between program participants and community resources to establish support systems for optimal success. Program participants meet with a CHW as needed to promote optimal follow-through and success during their journey of wellbeing.

### CLIENT BACKGROUND

The client, a 47-year-old woman, dealing with various health challenges that required comprehensive attention. Her health conditions included diabetes, PTSD, depression, anxiety, high blood pressure, low potassium, and low magnesium. Additionally, she faced a broader-line intellectual disability, further influencing her overall well-being and capacity to manage her conditions. Recently her health started declining so she stopped taking all prescribed medications, wondering if one of the medications might be causing her to feel sick.

### SERVICES PROVIDED

The CHW offered to attend a doctor's appointment, which the client agreed to. At the appointment, the CHW learned more about the client's health conditions and helped to facilitate essential healthcare support. At this initial appointment, the CHW and healthcare provider learned that the client had lost her glucose meter; therefore, stopped monitoring her glucose levels. The CHW collaborated with the healthcare provider to emphasize the importance of regularly checking glucose levels multiple times a day.



**THIS PROCESS NOT ONLY CONTRIBUTED TO HER PHYSICAL HEALTH BUT ALSO LED TO A NOTICEABLE IMPROVEMENT IN HER OVERALL SENSE OF WELL-BEING.**

**- PAIGE WELLING, CHW, CODINGTON COUNTY COMMUNITY SERVICES**

## CLIENT SUCCESSES

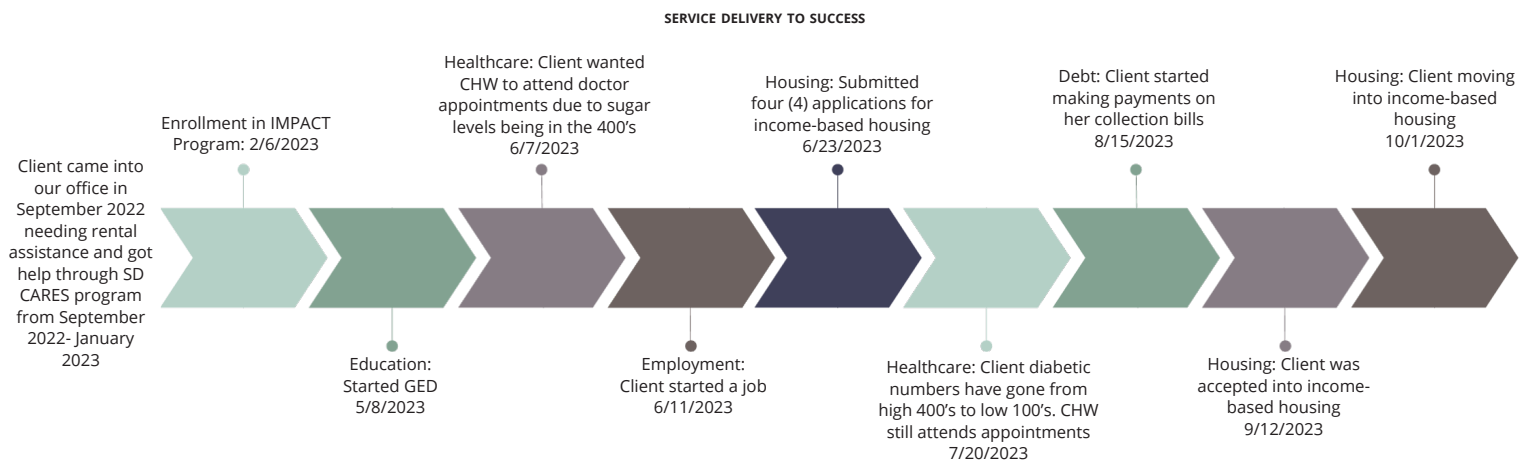
Upon locating her glucose meter, the client resumed regular monitoring of her sugar levels. The positive results of this effort became evident within a month, as her glucose levels improved significantly, dropping from high 400's to low 200's.

This process not only contributed to improve her physical health, but also led to a noticeable improvement in her overall sense of well-being. The client has begun working a part-time job and also started working towards earning her GED. The support of the CHW enabled her to improve her health and access to essential healthcare services which, in turn, has allowed her opportunities for personal development; improving her overall situation.

## ADDITIONAL INFORMATION

Codington County Community Services is a voluntary intensive case management program assisting individuals in Codington County who need help achieving success. They may be involved in the criminal justice system, struggle with alcohol/substance abuse, or have mental health needs.

This CHW success story was submitted by Paige Welling, CHW for Codington County Community Services, [pwelling@codington.org](mailto:pwelling@codington.org).



Read more Success Stories by visiting - <https://chwsd.org/success-stories/>