



CASE STUDY 2: Adults & Mental Health

Different types of racism

Case Study Overview

The Khan family is currently open to Adult Social Care following a referral from their GP. The referral was made after concerns were raised regarding Naseem Khan's increasing care and support needs following a recent diagnosis of dementia, alongside concerns about her daughter Farah's ability to continue managing her caring responsibilities without additional support.

The family consists of:

- Naseem Khan (72) – Grandmother, retired textile worker with multiple health conditions and limited English.
- Farah Khan (43) – Single mother, employed as a teaching assistant.
- Ayaan Khan (15) – Secondary school student.

Over the past year, Farah has become increasingly concerned about her mother's deteriorating memory, episodes of confusion, and safety within the home. Naseem has begun forgetting to take medication, leaving appliances switched on, and becoming disorientated when outside alone.

Farah has sought support from the GP on several occasions, reporting that she is struggling to balance full-time caring responsibilities alongside employment and parenting. She reports feeling exhausted and worried about her mother's wellbeing but is reluctant to ask wider family members for help.

Naseem's first language is Urdu. Although she has spoken English throughout much of her adult life, as her dementia progresses, she is increasingly reverting to Urdu and struggles communicating her needs in English. Farah reports that this has made it harder for her mother to engage with some health appointments and services. She has also experienced difficulties accessing interpreting support and culturally appropriate dementia services.

The GP has expressed concerns that both Naseem's care needs and Farah's carer stress may continue to increase without formal support. The referral notes that Farah appears hesitant about accepting help from Adult Social Care, stating that she feels it is her responsibility as a daughter to care for her mother and that services may not understand the family's cultural needs.