



## Case Study: Reducing Isolation, Loneliness and Digital Exclusion

Mary Brandt is from Kensington and was introduced to the [DefProc Engineering](#) “Push to Talk” device by her [Liverpool Carers Centre, Local Solutions](#) team, as part of the Liverpool 5G Health and Social Care project.

She says it’s brought her great comfort:

“When Chris from Local Solutions came with the Push to Talk box my family said, ‘what do you need that for?’ I told them it was for carers in the same situation as me, people caring and living on their own who don’t always have somebody to talk to.

“I love using it. I contact other carers and we talk and have a laugh. It does everybody good. We don’t always talk to each other about our problems, we just chat.”

She added:

“My son who I cared for, for many years, doesn’t live with me anymore. When I cared for him. I hid it from people at work as I knew their thoughts about people with mental illnesses and didn’t want my son talked about that way. It made me feel quite lonely. When I met with people from Local Solutions, who introduced me to Push to Talk, I felt like they were giving a voice to the carers.”

Over half of all unpaid carers, who are caring for family members or friends say they don’t like talking about caring to their friends and never get the time to socialise. Push to Talk is a valuable tool for those who feel isolated.

Mary Brandt, who uses Push to Talk, with Chris King from Local Solutions

