

Ada's story*

Ada is 93 years old and was referred to the Social Prescribing Link Worker when she was admitted into Darlington Memorial Hospital in July after having a fall at home.

Her nephew was keen for her to engage in the service as he was concerned about her wellbeing. Since having a fall she had become anxious and had lost all confidence and motivation. She also has Macular degeneration, which means her eyesight is very poor and is an additional anxiety for her as it makes it hard to have hobbies. Ada was once a keen reader and this is now limited due to her Macular degeneration.

Covid-19 restrictions have had a significant impact on Ada as she lives on her own, which has led to her becoming increasingly isolated and very lonely. As restrictions were in place at the time, Ada was referred into the Age UK telephone befriending service. She started getting weekly calls by a dedicated volunteer, which was a massive boost to her wellbeing as she enjoys conversation and chatting with people. Since accessing the service, she also had a procedure on her eyes that is helping her eyesight, so she has a newfound confidence and now goes shopping once a fortnight thanks to the Shildon Community Bus shopping service.



If you would like to find out more about the work of PCP's Frailty Link Worker, Debbie Fox, contact debbie.fox@pcp.uk.net

