

Social Prescribing Link Worker Impact Case Study



Mr H is a 74-year-old, with Parkinson's, living with his wife. He is under medication to stabilise his condition but is having problems with joints freezing up, having falls and no longer being able to go out unaccompanied. Mr H's wife is concerned about leaving him on his own, and he gets bored and lonely by himself. He is a well-travelled man who had a very challenging and responsible job. Now he is frustrated that he cannot mobilise as he did in the past. He would like to get out in the community without having to rely on his wife.

In December the Community Connector spoke with Mr & Mrs H. Until recently, Mr H had been able to go out alone, but lately he had experience episodes of acute immobility with members of the public having to assist him to get back home.

Mrs H was finding it difficult to monitor him while also caring for their grandchildren at their daughter's home. Mr H was getting lonely and frustrated with his inability to do things independently.

The CC visited Mr and Mrs H at home and arranged for them to register with ECT transport. This would enable Mr H to get to appointments and go out on his own to attend a local group at the church nearby. Speaking with Mr H, the CC could understand the reason for him being frustrated with his declining mobility. She made further suggestions of other groups that he could try, including an Age UK day centre.

In February the CC arranged a trial date for Mr H at AGE UK, with transport there and back. Mr H is now regularly attending the day centre, enjoying the activities and talking to other users there. He says he feels "very looked after" and Mrs H is happy that he has settled in well with the group where he contributes with his wealth of knowledge and travel experiences.

In March, Mr H was successfully discharged from community connectors.

Conclusion

Mr H is happy attending the day centre. He manages well, even without his walking stick most of the time. He feels he copes better when he is not anxious as he says he is well supported. His wife is grateful to us now that she doesn't worry so much when she is away from the home, and he has regained his independence somewhat without depending on her to take him out.



-17%

Overall decrease in GP follow-up appointments March 2023 (17 per 18 patients). (Baseline Nov 2022 - 20 per 18 patients)

Very grateful for all the information and advice from the CC helping me to apply for my blue badge.

AB, 75

CCs were very helpful and visited me during my time recovering after my operation

DG, 62
DG is now accessing transport to get him to hospital appointments and is now able to access on line shopping with the help of the CC during his recovery.

CC was very nice to me she took me out on a trip to Ealing to do some Christmas shopping

RM, 82
RM is now attending the Tuesday AGE ladies' group and is picked up by arranged transport