

OUR SERVICES IN ACTION



TACKLING SOCIAL ISOLATION

91-year-old Winnie was referred to us by her GP because she was lonely and feeling really low.

After being married for more than 70 years, Winnie was utterly lost when her husband died. She had been his carer for 23 years. With no family nearby, she had little contact with the outside world. Agewell chair and volunteer befriender, Edna Barker, visited Winnie over a six-week period. Winnie loved knitting, so Edna took her along to Agewell's weekly Talking Threads group.

She then became an active Agewell member, attending our AGM and monthly forums, where she formed new friendships and found out what was happening in her area. As a result, Winnie's life has been transformed. She continues to live independently in her own home, often meets friends for lunch, and has even talked about loneliness on the radio. We also connected her to Skype so she could see her relatives and helped her set-up her online shopping account. We registered her onto the council's Assisted Bin Collection scheme and included her on Agewell's Telephone Tree, a list of people we keep in contact with by telephone.



Agewell gave me the confidence to get out and about and connect with other people again.

Winnie

OUR COST
TO SUPPORT
WINNIE

£150

POTENTIAL COST SAVING

£34,486

- ✦ Average yearly cost for an isolated person to access social services support £5106
- ✦ Average yearly cost of depression when aged 84+ £5200
- ✦ Average yearly cost of residential care £24180



HOSPITAL TO HOME SUPPORT

Brian, a disabled carer, referred his 81-year-old wife Dot who was visited regularly during her three month stay in hospital.

On discharge we supported their move into extra care housing. Dot also received a wheelchair upgrade and was given advice on her welfare rights. The befriending continued when she was in her new home, with further visits. She also became an Agewell member and is now registered on our Telephone Tree, a list of vulnerable people we keep tabs on during the flu season or in extreme weather conditions.



OUR COST
TO SUPPORT
BRIAN & DOT

£450

POTENTIAL COST SAVING

£8,218

- ✦ Reduction in emotional distress, depression and anxiety £1803 x 2
- ✦ Improved health and wellbeing £2500
- ✦ Increased independence £2112

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FALLS PREVENTION PROGRAMME

88-year-old Jean, who lives on her own, had already suffered a fall which had severely knocked her confidence and mobility. She was referred to Agewell by her GP.

She successfully completed our 12-week, home-based exercise programme which saw a 5% improvement in her general health and wellbeing, a 10% improvement in her mental health and wellbeing, a 25% increase in mobility and a 40% increase in confidence and balance.

Jean looked forward to our weekly visits which have helped her to continue to live independently at home. She received a copy of our *Staying Steady, Staying Safe* guide and benefitted from a home environment check, as well as suggestions for other services she could find useful. She has become an Agewell member and is registered on our Telephone Tree, a list of people we call during extreme weather and the flu season.

"I have been taught a number of exercises which help keep me moving and I continue to do them every day on my own now. They are really helping me to stretch and make my legs feel stronger. They are helping my balance too and I feel more confident about getting out and about. I walk up to the hairdresser's now and it's lovely to get out under my own steam again," she said.



The exercises are really helping me to stretch and make my legs feel stronger.

Jean

OUR COST
TO SUPPORT
JEAN

£650

POTENTIAL COST SAVING

£60,803

- ✦ Average rehabilitation cost after an injurious fall £2758
- ✦ Average cost of hip fracture treatment £28665
- ✦ Average yearly cost of residential care £24180
- ✦ Average yearly cost of depression when aged 84+ £5200



CONSULTATION & ENGAGEMENT

Agewell was praised for a major piece of research into old people's attitudes to health care which was commissioned by behavioural insight specialist iMPower.

The study was driven by a need to reduce emergency hospital admissions for the over 65s. We completed 200 telephone surveys, arranged three focus groups and spoke to A&E patients. As a result, we identified patterns of behaviour which could then be tackled.

iMPower said Agewell had 'contributed hugely' to its findings and 'couldn't be happier' with what we produced.

Contact us to discuss your
specific requirements on
0121 796 9333.