

Age UK Islington - # Snapshot 1: Home after hospital

We're here
to support
you

Home after
Hospital



"I had a fall and ended up in hospital. A social worker told Age UK I needed some help. I had loads of post, bills mainly. I couldn't walk very far, so couldn't get to the bank or the post office or do any shopping and I was struggling to use the bathroom.

An Age UK worker came and saw me with a Social Worker and they both agreed to support me. We managed to sort out the post and arranged for the bills to be paid, someone put rails in my bathroom and someone else came from the benefits service and told me I was entitled to more money. Once that came through we managed to get a cleaner and someone to do a bit of shopping. I got a necklace as well which if I fall can send an alarm. That has made me feel a bit more at ease. So things seem to be sorted now and I'm on the mend."

To make a referral
020 7281 6018
gethelp@ageukislington.org.uk



AGE 16+

Age UK Islington - # Snapshot 2: Managing pain

We're here
to support
you

Managing pain

"I've tried conventional medicine and physiotherapy but not much helped, unless I wanted to be groggy on painkillers. I heard that pilates was a good way to manage pain, but it needed to be a certain type.

I contacted Age UK Islington and spoke to a Navigator who met me at my GP practice. After some research we found a pilates group especially designed to manage muscle pain. I contacted them, with the support of the navigator and I registered there and then. Its an accessible building, I can use my taxi card to get there and back and its not too much per session."



To make a referral
020 7281 6018
gethelp@ageukislington.org.uk



AGE 16+