

## Case Study - Peter Roberts (68).

Peter spent a period of time in the hospital due to heart failure. When he was discharged he says he was practically housebound. Sure Start to later life went out to see him to see if there was anything we could do to help. Peter said that he is very passionate about swimming but is unable to get to public transport to get to the pool. He was unable to afford a taxi fare. Peter agreed to go on our volunteer matching list for someone to help him get to the pool every week. We matched him with Colin. Colin takes Peter swimming once a week to both indoor pools and fresh water lakes to swim. In this time Peter's fitness has increased so much that he can now swim a mile nonstop. When he first met Colin he could only manage 2 lengths.

This also has an impact on other areas of his life. He can now walk to the pharmacy to pick up his prescription instead of getting it delivered.

Peter feels that since Colin's involvement his quality of life and independence has increased hugely. Not only does Colin accompany Peter swimming but he also volunteered to drive Peter to a very important medical appointment to reset his heart device. This appointment had to be previously cancelled as Peter was unable to get to the appointment as it would have meant walking quite a long distance and trying to get public transport. He was not fit to do this at the time.

Sure Start to later life has supported Peter to apply for benefits he is entitled to. Peter states that without the help of Sure Start to later life and Colin he would be "stuffed".

On the flip side Colin also benefits from this arrangement as he has always wanted to get back into swimming and now he has.

