Hospital Befriending - Edna’s Army

Hospital Befriending Service at Sandwell & City Hospitals and Intermediate Care Facilities

- Agewell Volunteers visiting older people during their hospital stay. Working with Matrons & Discharge Planners

- Trolley run & on-site shop as an out-reach tool

- Home from Hospital Befriending

- Integral part of OBI team

- Advocacy & Support
Home Based Exercise

**Intervention includes:**

- 1 hour of home based exercise each week
- For 6 to 12 weeks
- Delivered by qualified Postural Stability Instructors
- Maintain the gains and join a Community Based Exercise Group – Agewell weekly programme
Self Care – Healthy Passport & Staying Steady Staying Safe

- Healthy Passport – Incentive Based (points)
  Involves Local Traders

- Staying Steady Staying Safe – Falls Prevention Awareness and Managing Falls Risk

Part of Sandwell MBC Community Offer
Capacity to Care - The difference social connections can make.

Outcomes:
- Reduced loneliness/social isolation
- Increased confidence
- Feeling safer
- Improved health & wellbeing
- Reduced emotional distress, depression, anxiety & cognitive decline
- Increased independence
- Increased activeness in the community
- Uptake of Flu vaccination
- Visits to GP
- Carer Support
- Creation of volunteering opportunities
Consultation and Engagement has included:

- Urgent Care & Trauma Services
- NHS Cardiology Services
- NHS Central Records
- NHS Musculoskeletal Services
- Patient Summits
- CCG Commissioning Intentions
- Library Services
- Safeguarding Adults
- Neighbourhood Services
- Etc.
Agewell in action
Thank you

Contact: 0121 796 9333
Web: www.agewelluk.org.uk