

# Case Study

## Helping Peter\* to regain quality of life

### Background

Peter was referred to Herefordshire Social Prescribers by his GP with multiple issues, including anxiety, social isolation and health concerns related to long term substance abuse.

In addition, he was living in sub-standard housing that was damp, had poor insulation and an expensive and inefficient heating system.

Peter's support network had previously been poor, but had become worse following a recent death.

All of these issues combined meant that Peter felt he had a poor quality of life and no ability to make any sort of positive contribution to society.

### How we helped

Initially, Peter was reluctant to engage with the Social Prescriber, and it took several meetings to break down his initial suspicions.

Once trust had been established the Social Prescriber discovered that Peter couldn't read or write - a fact that no other agency was aware of despite 17 years of support!

The Social Prescriber worked with Peter to establish the most pressing issues for him. She arranged for his housing association to address the issues with his property, a heating grant was obtained and the damp issues resolved.

Peter was also linked with the Occupational Therapy team who helped him to work on some of his chronic health issues and he was given help to deal with his stress. These measures have had a direct positive impact on his physical health.

The Social Prescriber took the time to really look into what was happening with Peter. She gave meaning to the 'What matters to me' ethos of giving back control and making a real difference to Peter's life.

Issues on referral

Anxiety

Social isolation

Substance abuse

Poor housing

Poor literacy



Herefordshire Social Prescribing is a joint initiative between Herefordshire General Practice (supported by Taurus Healthcare) and Herefordshire Council.

Taurus Healthcare is a Federation owned by all Herefordshire GP practices.

[www.taurushealthcare.co.uk](http://www.taurushealthcare.co.uk)

\* Not his real name