



HALE

Health Action Local Engagement
Healthy Living Project

Specialist Befriending Service — Case Study

*Julia was referred to HALE's Specialist Befriending Service by the Alzheimer's Society in February. She had just been diagnosed with dementia. *Julia had recently lost her husband and had moved from Doncaster to Shipley within a short space of time

*Julia was visited by HALE's Specialist Befriender. It took a while for *Julia to get used to her Specialist Befriender. After several visits by the Specialist Befriender, *Julia started to enjoy the chats. The Specialist Befriender started taking *Julia to the wellbeing cafes which she enjoyed very much. They also started another group which *Julia enjoys.

*Julia has now been matched with her own Befriender who visits her regular and things are going great. They enjoy country & western music and listen to CD's together. They also enjoy going out for walks with the dog. *Julia continues to go to the wellbeing cafe as well.

*Julia is a lot better now and shows no sign of dementia, she knows her way around her local area much better and now chats a lot more than she did when I first met her.

**client's name has been changed to protect their identity*