

CASE STUDY

SUZIE'S JOURNEY

FROM ISOLATION TO CONNECTION

When Suzie joined Help and Connect in lockdown during the Covid pandemic, her life was all about hospital appointments or time spent alone.

Her connector helped Suzie discover her confidence and acquire new digital skills, joining regular 'Tune in Tuesday' health sessions online with other isolated people. A virtual quiz group, a photography group and the 'Big Sing' group followed next - each one sharing Suzie's passions and interests and making further connections.

Her family could hear her laughing along online, reaching out to more and more people and becoming a stronger advocate for her own health and the health of her peers.

Statistics show women with a learning disability die 29 years younger than the general population (23 years for men), often for avoidable reasons.*

Suzie now wants to get more involved with the community, especially groups supporting people living with long term health conditions who are isolated.

She has friends and supports them to follow her lead. She has gone from living life alone to helping others understand their health needs and encouraging them to think about how these may be met through lifestyle changes and networks of community support.

**Source: LeDeR report 2018.*

Suzie with a member of our team

