



A good night's sleep for Margaret

AFTAID enables a 71 year old Leeds pensioner to enjoy sweet dreams again

London August 2009 – AFTAID (Aid for the Aged in Distress) has come to the rescue of a 71 year old lady who had for years struggled with a woefully inadequate bed. “I didn’t like to make a fuss” said Margaret when asked about her plight. Like many of our older citizens she accepted the situation. Also she did not know where to turn to for help or indeed that there are charities that can.

Mrs Dunn lives alone in sheltered accommodation. She has multiple health problems including Cancer, Arthritis, Diabetes and Chronic Pulmonary Obstructive Disease. She treasures her independence and manages on the basic state pension and a Disability Living Allowance. This means that she has no spare money at all. So she cannot even afford to replace household items when there is a problem, let alone any small luxuries that an older person deserves.

Sleep deprivation is a serious condition for healthy adults but because of Margaret’s health problems it is particularly essential that she gets a good nights rest. However she had been ‘making do’ with a child’s bed that she had been given. This was so small and totally inadequate that she had fallen out several times.

A friend put her in touch with a local community organisation, Caring Together, that looks after the welfare of older people. In turn they approached AFTAID for help. On receiving the request a decision was quickly made to ease Margaret’s discomfort. As a result a new bed was purchased for her and soon she was sleeping comfortably again. She confirmed that she now feels so much better and more able to cope.

About Aid for the Aged in Distress - AFTAID

Established in June 1982, AFTAID (Aid for the Aged in Distress) gives direct financial relief to elderly people in distress. It concentrates its efforts and resources directly to elderly people in the UK, who, because of ineligibility or, who are only receiving partial funding through statutory or voluntary services, fall through the ‘safety net’. Registered Charity No. 299276. AFTAID is based at 18 Hand Court, High Holborn, London WC1V 6JF Tel: 0870 803 1950 Website: www.aftaid.org.uk

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