



**Case Study**  
**Jane Waring**

**AGE CONCERN'S PERSONAL ALARM SYSTEM PROVIDES  
ASSURANCE FOR MULTIPLE SCLEROSIS SUFFERER**

Jane Waring, aged 46 from Bargoed in Mid Glamorgan, was diagnosed with Multiple Sclerosis (MS) 15 years ago.

She had an Age Concern Personal Alarm fitted three years ago and values the reassurance and independence that it gives her to carry on doing all the things she enjoys.

"We have about an acre of ground around our bungalow and I enjoy walking in the garden. My pendant gives me that extra sense of security to be able to do this and not worry. Wherever I am in the house or garden I know that I can get help instantly if I need it."

"I also keep the pendant on, even when I leave the house to pop to the shop or round to my neighbour's house. It means that I don't have to remember to put it on again when I get back home, I just always have it on," said Jane

"I wear the pendant every day; as soon as I get up I put it on. Luckily I haven't had to use it in an emergency yet – but you just never know. I had a few falls before I got the alarm system fitted, fortunately my partner Philip was always here when they happened. However, he now works full time, which means he isn't here during the day as much as he used to be, so it's a comfort to have my personal alarm."

Jane continued: "I think that it's also reassuring for Philip while he is at work to know that I have the alarm and can use it to get help quickly, should I ever need to."

"My neighbours are my key holders and I am lucky to live in a close knit community where we all look out for and visit each other. I go to church a couple of times a week and attend social events there too, which I enjoy. I am still able to drive so I am fairly independent and I don't need anyone to come in and care for me at the moment."

"I think of my Age Concern Personal Alarm as my little bit of security hanging around my neck, it means that I can carry on my day to day life without having to worry or think 'what if...' it's invaluable to me," Jane concludes.