



Ron's story

AGE: **72**

DIAGNOSIS: **Prostate cancer**

ISSUES: **Isolation, confusion & depression**

“ I should have realised that I was going to get some bad news by the fact that they suggested I didn't go alone. I did go alone and yet despite the clues, I was really shocked that I was told that I had prostate cancer. I went numb and my brain stopped working. It was all in a haze. Later on I couldn't remember anything that the consultant said to me. I know I was given a lot of leaflets because I had them when I got to the car. I don't remember driving home at all.

I felt a great sense of confusion, apprehension and got very depressed very quickly. I couldn't bring myself to look at the leaflets that I was given because the whole idea of having cancer was terrifying and I had this idea that if I didn't look at them, it may go away. Stupid when I look back.

I was frozen and unable to do anything. I came across somebody who knew about the cancer advocacy services. A volunteer advocate called David came along to see me. I got on very well with him from the start. He assured me that all the things that we would talk about would be confidential.

David was a really good listener and I was able to tell him my story very easily. He had had an operation for cancer himself. We talked for a long time in that first meeting and the longer it went on the more relaxed I began to feel. I was still worried of course but my brain seemed to be starting to think again.

David came along to the meeting with the Doctor and it was good that he did. He was able to take notes and ask the questions that I was missing.

I can't explain well enough how much of a difference David has made to my life since that awful day I went to see the consultant. How I wish that I had him with me on that visit. ”

Ron's case was open for 4 months with 4 home visits, 2 phone calls and 1 meeting

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