



Mr W's Support Plan

“The Perfect Answer”

Who is Mr W?

- Mr W is 90 years old. He has had Alzheimer's for approximately 2 Years, he also had a stroke in 1992.
- He was born in Wath-On-Deerne in Yorkshire.
- He joined the Army in 1940 and was in the Royal Engineers he served for 6 Years.
- After he left the army he worked in a bottle factory and trained at night school to become a engineer, he then taught teenage children engineering at the Atomic Research Establishment
- He has three Children
- When he was a young man he liked to dance particularly Latin American, he was pretty good and won trophies.

How Alzheimer's & The Stroke Affects Mr W

Physical Difficulties

- Difficulty walking he use's a stick
- His hands shake, he finds it difficult to drink and eat without help
- He finds it difficult to get in and out of a chair and struggles up and down the stairs

Cognitive Difficulties

- He does not always know who his family are
- He becomes forgetful and confused easily
- He can become aggressive to people he does not know who are in the house
- He is forgetful and easily confused
- He is not left on his own for very long as he try's to get out of the house and could put himself in danger.
- He is quite deaf

Mood

- He is very moody, which fluctuates quickly all the time.

Who is in his life now?

- Mr W lives with his daughter and her husband, they have lived together for 6 months
- Rosie is Mr W's dog
- Mr W's other children live in Woodley and Cornwall
- One of Mr W's grand daughters and 2 great grand daughters live locally and see him a lot.
- Mr W has other grandchildren and great grand children but rarely sees them

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Current Routine

Mr W normally gets up at about 5am, he also gets up throughout the night. His daughter gets up and tells him it's still early in the morning so he goes back to bed for a while.

If he is having a good day, he sometimes gets himself dressed although not always in the right order, he can make his own breakfast with cereal. His daughter makes him a coffee and gives him his medication.

His daughter takes him out to the park in his wheelchair or to the shops, then has lunch.

In the afternoon Mr W will normally have a sleep. He sometimes helps with making the dinner, he then watches TV for a while before he has supper, then more medication then off to bed.

The Current Situation

- His daughter currently takes care of all her dad's needs, including personal care, food preparation and assisting him to eat, getting him dressed and taking him out to the shops and park.
- His daughter also gives him his Medication

What's Not Working

- His daughter undertakes all her dad's needs and supports him everyday for 24 hours a day
- Her Husband and herself are not having or are unable to have a "normal" married relationship
- Because of Mr W's condition any strangers in the house he can become aggressive and verbally abusive towards them. His daughter has arranged for external carers before and he became confused, frightened and abusive

Identified Needs

- Mr W needs somebody other than his daughter to look after him, to undertake his care and support, to include, personal care, washing, shaving, laundry, preparation of meals.
- Better access into the back garden, by installing a step.
- Mr W on a regular basis has accidents with his food, also he has accidents in his bed so in order to keep him clean, comfortable and looking smart, a bigger washing machine in order to fit Mr W's bed clothes and to ensure they can be cleaned regularly and as when they are soiled.
- Heating to run at a temperature of 25c during Autumn, Winter and Spring.
- A bigger fridge freezer in order for meals can be prepared in advance and frozen
- Domestic support with the ironing allowing Mr W to be smart and improving his daughters support
- His daughter and her husband need some time together and to take the strain from them.

The Answer

- Mr W's grand daughter who lives locally is a qualified carer, NVQ level 2 In Direct Care will care and support for Mr W. He will be very happy about this, they have a good relationship. It means he will get to see her regularly and get the chance to see his great grandchildren more often than he used to.
- His daughter will work 29 hours a week, there are no set hours it will be a flexible arrangement depending on Mr W's and the family's needs.
- His daughter will arrange the payment details of Mr W's grand daughter and the legal aspects by discussing them the with Mr W and by using Pay Packet as a payroll agency.
- His grand daughter will be paid £12 per hour.
- His grand daughter will be responsible for personal care, dressing, eating, drinking, general domestic duties around the house. She will also take Mr W out shopping and to the park to walk the dog and anywhere else he would like to go.
- His grand daughter will try to do some new sessions locally with Mr W, which are singing for the brain and a tea dance, if he wants to.
- His daughter and her husband continue to go to the Alzheimer's support group weekly at Coopers Hill.

Hoped-for routine

- Mr W's routine will continue keeping the structure that his daughter has helped with.
- Although his daughter and family have considered going to some clubs or support groups, Mr W is happy at home with people that are familiar to him, which makes him feel safe and secure.
- His daughter and her husband will be less busy with Mr W and will have some time to themselves. But will be able to give Mr W even better care due to the help they are receiving.

Managing Mr W's Support

- Money – his daughter will manage Mr W's money with the assistance of Pay Packet
- Staff - His daughter will manage his grand daughter with the assistance of BFC

On Going use of budget

| Item | Per Week | Per 28 days | Per year | Need | Outcome |
|---|----------|------------------|--|--|---|
| Carer 29 hours per week at £12.00 per hour | £348 | £1,395.75 | £18,144.72 | To sustain Mr W's care and support for rest of family | Good relationship between carer (his grand daughter) & daughter. His daughter and husband will get some rest and will have time to themselves and in return will be benefit Mr W. |
| Domestic Help Ironing | £18.00 | £72.19 | £938.52 | Mr W goes through several clothes a day | More time to care for Mr W |
| Pay Packet | | £7.75 | £100.75 | Payment for care – To ensure legal requirements are met | |
| Help with Heating bills | | £20.77 | 30% of heating bill approximately £270per year | Mr W feels the cold and needs the heating up to approximately 25c, this is even when Mr W is wearing 3 or 4 layers of clothes. | Mr W is warm and does not need to wear his coat or lots of layers of clothes in his own home. |
| Total | | £1,488.71 | £19,453.99 | | |

One off Payments

| Item | Cost | Need/Outcome |
|---|-------------------|--|
| Washing Machine | £450 | Mr W soils his clothes 2/3 times a day and his bed sheets. Therefore a good size/efficient washing machine, will ensure Mr W's clothes and bed sheets are available all of the time keeping him clean and comfortable |
| Fridge Freezer | £550 | His daughter prepares meals for Mr W in advance this for when he is being looked after by another person and it makes it a lot easier if the meal needs just warming up. At the moment Mr W has a small fridge with a freezer compartment. |
| *Back Door Step <small>This could be funded by the British Legion still waiting to find out.</small> | £330 | This will aid Mr W to be able to get into the garden safely and on his own. |
| Contingency | £1,200 | Contingency money available for respite, additional hours required of carer, agency care or anything else which would meet Mr W's needs. |
| One off payments Total | £2,530 | |
| On Going Payments Total | £19,453.99 | |
| Grand Total | £21,983.99 | |
| Allocated Budget | £22,909.00 | |
| Allocated Budget Not Used | £925.01 | |