

A's Support Plan

September 2009

Life History

- I've been with my husband since I was 18. We met on New Year's Eve in Old Windsor and been together for 18 years.
- We moved in together when we were 20 and lived in a flat in Iveagh Court.
- At 23 I was pregnant with A, she arrived when I was 24.
- When she was 8 months old we moved here to Ascot.
- When she was 2 a friend of mine was on a computer course and told me about it and I got onto the course and A went to nursery. I passed all that and got my City and Guilds.
- I started working full time when she was 3 at GMAC in customer services and part time when A was at school.
- I married my husband 6 years ago in a beautiful setting in Lake Garda, Italy. A was my bridesmaid.
- I fell pregnant with B when I was 32 and within months of becoming pregnant I was on crutches and had SPD.
- I was offered painkillers by my consultant but didn't want to take them as they posed a risk to my baby. I was told the pain would be better when she was born, however the pain led to nerve damage
- I'm now getting an MRI scan to see if it shows up what may be causing the pain.
- Even with all the pain I have, I would still not be without my second daughter B

Dreams

- To be pain free, thin and be able to enjoy my children and have a normal happy healthy life with my family.
- Being pain free would change my life so much – I'd have the freedom to go out to work, to enjoy life more and enjoy my children.
- I'd like to be working again and having no debts and no worries.
- I'd like not to have to rely on anyone else to help me.
- I don't want to be a burden to anyone – my husband, my family.
- A nice day would be to grab a takeaway and DVD.

Who is in A's Life

Family

M– Husband

A – Daughter

B – Daughter

Mum – Isles of Scilly

Aunty I in Woodley

Friends

J and A

L

J

K

S

J and daughter L

S

D, A and K

W

Concerns

- Living with so much pain, constantly taking my painkillers.
- Not being able to play and do rough and tumble with the kids.
- I take a lot of morphine and continually upping dose for it to kick in and it makes me like a zombie.
- I can't take drugs until I know my husband is on his way home as it makes me really sleepy.
- It affects my sleeping and I have anxiety about how I'm going to be the next day – whether I'll be well enough to do the kids and there is a vicious circle of money worries, my weight, the bills and everything mounts up.
- I can't do things like the ironing and the housework – if I do my ironing it knocks me out for days.
- I hate the constant mess.
- I can't help with gardening
- It's embarrassing – he's my husband and it's demeaning (that he has to help me wash) – I wish I could do it myself and not have to worry and have some dignity back.
- The strain on my husband and kids.
- I don't want to have strangers coming into my home

Who is A?

- Caring A good listener
- A good friend Likes to have a good natter
- Bubbly Very talented and helpful
- Bright Very supportive
- A good laugh A good cuddler
- Tells it as it is. Good at playing cards
- Can be different on different days – sometimes fed up, sometimes zombified.
- A's quote – mummy is very supportive and if I'm feeling worried or anxious about something I remember her words and it puts me up on a cloud.

What A needs to change and how it will improve my life.

- I need to be able to use my bathroom – to be able to have a wash and shower independently and give me my dignity back.
- I need help with my ironing
- When things are bad – I need to be able to do a swap with the kids and have a friend take the kids to school
- I would like to make food preparation easier
- I want to learn some new things that may be helpful such as Sign Language, Spanish, Reflexology
- I would like to be able to do some hoovering to help M out with the housework
- I'd like to give my family a break
- I'd like to see my mum, friends and family more
- I'd like some support in dealing with and living with the pain

Improving My Life

- Bathroom - A wants to use some of the allocation to get her Bathroom suite fitted in the house. She has already purchased a bath which has a low level door entry to make access easier. This also has a shower overhead and just needs fitting. This will enable her to have a shower on her own and will happen as soon as it can be arranged, once the funds are released. A has a friend who is a fitter and will get him to do this work, he estimates this will be no more than £1200.
- Bath Inflatable Lifts – Cara has made a referral OT for this and for correctly fitting walking aids and A will be trialling some equipment soon. This will enable her to get into and out of the bath and be able to have a bath independently.

Improving My Life

- Ironing - J will do this for me, at her home in Reading. I need my ironing doing weekly as I struggle standing for the time it takes to do it and it gets me down when I see the piles of clothes building up. It will be dropped off to J and picked up a few days later or get M to pick it up after work. I can try and drop it off on a Tuesday which is my main day for leaving the house and going to see my Aunty in Woodley, if I feel well enough. As a payment I'll take J out, go out to the precinct or have lunch and buy her cinema tickets. Equivalent of £20-25 per week for 2-3 hours a week. This will enable me to get my ironing done and have some social time with J.
- Getting the children to school/nursery – K (my neighbour) will help pick the kids up from my home and take them to school and bring the kids home. I'm so stiff in the mornings and it's hard sometimes to drive and walk and it will make life easier to know I have a back up plan in place. This will be as and when necessary to take kids to school/nursery. I will pay for her petrol and make arrangements to take her kids to McDonalds and do some activities together with mine. She has a little boy the same age as A. K's also willing to take B and her son B to the Lookout. Equivalent of £10 per week. If K is not available J T can help.

Improving My Life

- Toddler Group – For myself and B to attend, it's at King Edwards Road, Ascot. Every Monday and Wednesday in the morning from 10-11.30. It will get B out and gets me out of the house to meet other mums and we have a coffee together and the kids get to play. £3 a week and I'll drive up there as its just down the end of the road from home.
- Lunch Club – South Ascot Village Nursery £7.50 per week, which is for everyday in the week for B to be able to stay at nursery for the extra hour through lunchtime. They get extra staff in to cover the lunch time so the morning and afternoon nursery sessions can be joined up. This will give A an extra hour at home without having to worry about picking her up and take her back and it gives B extra time to play with her friends. A supplies the lunch.
- Toddler Group and Nursery – Term time only – during school holidays I will use the money for activities with the kids that we can do as a family.

Improving My Life

- Cooking Meals – Usually, on at least 4 days out of the week, M will help out at home with cooking and A helps out as and when A needs. A has difficulty standing or bending in the kitchen and as she suffers with carpal tunnel syndrome it affects her hands and until she has the operation and recovered, will need support. On a weekend A and M work together in the kitchen or get a takeaway. She will use some of the budget to take her family out for a meal to give M a break from this from time to time and as a thank you. Cara has made a referral to OT for help with kitchen equipment and some has been ordered for A to trial.
- Housework - A will purchase this, probably from Argos. A can't use her cylinder Hoover, as she can't bend down to use it and it's heavy to manoeuvre and it tires me out to use and it causes me pain afterwards. A lightweight Hoover will help me to be able to do some housework and help my husband.-This will be purchased as soon as the money comes though and the model in mind is a Lightweight Dyson DC24 Ball which costs around £198.

Improving My Life

- Learning – I've seen some courses at Bracknell College that I'd like to do, these are 1 day Saturday courses in Relaxation, Indian Head Massage and Reflexology and Sign Language. As I am on ESA benefit I will get concessions and if I decided to do the BSL Course next year it will only cost me £10 for the administration set up. I need to fill out the application form and get a copy of my benefits letter. It's something that's always interested me and I may not want to go back into customer services when I go back to work so it's trying something else that I've always wanted to do.
- Introduction to Sign Language Course on the 14th November 09, this costs £16 with a view to doing the evening course next year. Reflexology - £19 ESA on the 7th November 2009 for the day at Sandy Lane School, Relaxation with Meditation - £19 on the 21st November 2009 for the day at Sandy Lane School and Indian Head Massage on the 20th March 2010, again costing £19 for the day at Sandy Lane School.

Improving My Life

- Expert Patient Programme – 6 week free course including transport if needed. Aims to help you take control of your health by learning new skills to manage your condition on a daily basis. Tutors live with a long term condition themselves.
- Hydrotherapy – Tuesday evenings at Pulse8, Wokingham with Back Care next 6 week block starts 3rd November 2009
<http://www.backcare.org.uk/>
- Pain Concern Online Forum and Listening Helpline – chance to talk to other pain sufferers and a Quarterly Magazine ‘Pain Matters’ £7 per year magazine. <http://www.painconcern.org.uk>
- British Pain Society - Suggested Reading List and Patient Publication List with free downloads
<http://www.britishpainsociety.org>

Improving My Life

Support and Respite

- Music Gigs/Cinema – Carers go free – Friends will take me and I will get their ticket . It will give me chance to get out and give my family a break.
- BFVA Young Carers Project – Youth Club and Activities for young carers and a break away once a year and day trips in the school holidays. A needs to self refer to BFVA and they will come and visit.
- Exercise – I'm going to try and use my Wii Fit Board and get the Wii Yoga Game to improve my fitness. This is approximately £30.
- Shopping - M can do the shopping when I'm not well enough or I can do it online and get it delivered.

How the plan will improve my life

- Give me more Independence – being able to shower on my own.
- Take away the worry of arrangements for the kids – knowing they can be picked up by a friend.
- Give me more time to rest – with having B at the lunch club
- A sense of achievement and contribution to the house – knowing the ironing will get done and I can help with hoovering.
- Less strain on family life and on relationship with husband – as he is doing all this on top of his full time job.
- Improve my confidence and start planning for employment – from the courses at Bracknell.
- Getting out of the house with friends and as a family
- I'm hoping the hydrotherapy will ease the pain and the support will help me live with it better.

Budget

- £4513 Allocation
- Release of funds £1574 for Bathroom, Hoover, Courses up front.
- Release remaining money £244.88 every four weeks – x Bank, Bracknell XX – xx-xx-xx, xxxxxxxx.
- I will manage the money myself.

Costing

Up Front Costs	Per Annum
Bathroom	£1200
Courses	£83
Dyson	£200
Pain Concern Subscription	£7
Hydrotherapy	£54
Wii Yoga Game	£30
Total	£1574

Costing

	per week	per month	annual
Ironing	£25.00	£108.63	£1,303.50
Kids to School	£10.00	£43.45	£521.40
Toddler Group	£3.00	£13.04	£156.42
Lunch Club	£7.50	£32.59	£391.05
Respite/Social	£10.86	£47.19	£566.24
Totals	£56.36	£244.88	£2,938.61