

X's Support Plan



About X



X's background

X is 75 years old and grew up in the Bracknell area. X's husband was a bricklayer and her last job was working in the catering department of the golf club. X is now widowed but is well supported by her family who live near and offer regular support. X lost her cocker spaniel, Sophie, a few months prior to her recent admission to hospital and she misses both her and her husband.

X's Interests:

X is a keen gardener.

X used to love to dance

One of her long-term goals is to go to see Holiday On Ice

X would also like to see Andy Williams in concert

X's condition

- X had spinal decompression surgery in May 2009, which was the second operation to assist with relieving the pressure on her spinal cords and nerves.
- X can suffer from high pain
- X can sometimes be low in mood following the loss of her husband and cocker spaniel dog
- X suffers from high blood pressure

X's Reablement

Following X's operation, her mobility was affected and she struggled to stand for long periods of time, and required assistance with meal preparation and personal care.

After a successful period with intermediate care, she became independent with the preparation of snack meals, and using the microwave and is independent with her personal care.

Current routine



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		X's sister gets a taxi from Wokingham and visits for the day			X's daughter and son-in-law assist with the housework, laundry,,shopping and take X out for the day	X goes to her daughter and sons house for the day
		X's daughter assists X with a bath on Wednesday evening				

Who else is involved



X is well supported by her family and friends:

- **J (daughter) and J (son-in-law)**
(J John assist X with her bath, shopping, social stimulation and housework)
- **T (son in Somerset) and S (daughter-in-law)**
(T is disabled and therefore his house is well adapted for X's visits)
- **M (neighbour)**
(Assisting with feeding the fish, social stimulation and ad hoc support).
- **D (sister)**
(D used to visit B at the house, however they now go out for trips together).
- **C (nephew)**
(C supports with the gardening).

Things that could be better



- If I had more time to do thing outside of the my house, or with other people I might be happier.
- I would want to do more with my sister, rather than her just coming to see me at my house.
- Getting to and from town if difficult, and I rely on my daughter or other family members to help me to get to and from places.
- I want to go into my garden and support to feed the fish

Things that could be better continued

- Support to improve access to and from my house – I need a ramp rather than steps
- I want to do some day trips with my sister in the summertime, I love the seaside.
- I have a long-term goal to see Holiday on Ice
- A wheelchair would help me when I am outside the house

New options



- Carer's Emergency Respite Scheme is in place
- Trips to Charten House with sister on Thursdays
- Registered with Dial a Ride - Transport assistance to get to town or to have a day trip with her sister
- When the weather is better, X and her sister hope to use dial-a-ride for trips to the garden centre together
- Information provided for support with meals or housework should J be unable to support
- Informed of the new Age Concern Handyman scheme
- Wheelchair provided by the wheelchair assessment centre

Possibilities for the future



- X has declined a financial assessment and is therefore funding her own support plan.
- X and her family are happy with the current set-up, and X is determined to remain as independent as possible without the support of carers. Front desk duties number has been provided should she feel that additional support is required in the future or if her daughter would benefit from some help with her caring role.
- At present, J (X's daughter) assists with the shopping. X has previously had Meals On Wheels but did not like it. Options such as Wiltshire Farm Food and Oakhouse have been discussed with X and she has their brochures should she wish to use them in the future. X has also declined the support of someone taking her shopping at present.

Possibilities for the future - continued



- Graham Smith (from Bracknell Forest's environment department) has discussed the option of a DFG. However as X has declined a financial assessment, Graham was only able to offer advice on the work required and discuss options such as Anchor Homes. X felt that the cost of Anchor was too high, and her son-in-law is considering completing the work himself.
- Options such as Bracknell Forest Council's domestic support (for £9 per hour) were discussed, but at present X's daughter feels able to continue with her caring role. Contact details have been provided should this change in the future.
- At present X does not want any support for her low mood, she feels that bereavement counselling would not be beneficial and does not want to discuss with her GP (or for me to do this on her behalf).

Possibilities for the future - continued

- There are no gardening clubs nearby which meet during the day, should one start X may be interested in attending. Sarah to contact the Disabled Gardening Association to discuss whether they could assist with raised flower beds.
- Sarah to look into the Silver song club as an option for X
- Depending on the prices, X may be interested in attending hydrotherapy sessions or enjoying time in a spa (prices and times discussed with X). X will decide on this on her return in January.
- X is also thinking about purchasing some heat pads to help reduce her pain.

Finances

- X has sent off her lower rate Attendance Allowance application, which will contribute £47.10 per week.
- X declined a financial assessment as she felt she would have to contribute fully due to her savings.

Outcomes



- More time outside of the house to boost X's mood and provide more social stimulation
- Having contingencies in place should X's daughter be unable to assist with her caring role
- Having more opportunities to get to and from places, so she can have more choice over how she spends her time
- Have contact details to hand should more support be required.

Contact Details



Name: **Bracknell Forest Council – Front desk**

Number: 01344 351500

Can help with: If you feel you need anymore support or if J would benefit from some help with her caring role.

Name: **Emergency Duty Team**

Number: 01344 786543

Can help with: If you need urgent social care help out of office hours

Contact Details continued



Name: **Bracknell Forest Voluntary Action – Domestic Support**

Number: 01344 383516 (Diane Benford)

Can help with: If J is unable to assist with the housework or shopping, they will be able to assist with this for £9 per hour.

Name: **Dial – A – Ride / Keep Mobile**

Number: 08453 456696 (booking line) / 01189 793778(enquiries)

Can help with: Reduced price transport and day trips

Name: **Bracknell Forest Council's – Carers Emergency Respite Scheme co-ordinator**

Number: 01344 351263

Can help with: If any changes to your emergency respite scheme are required.

Contact Details continued



Name: **Oakhouse**

Number: 0845 643 2009

Can help with: Delivery of frozen meals

Name: **Age Concern Handyman scheme**

Number: 01344 428074

Can help with: Assist with small jobs, security and safety around the home

Name: **Charter's House Day Centre**

Number: 01753 833371

Name: **Wiltshire Farm Foods (local outlet – Newbury)**

Number: 01635 298044

Can help with: Delivery of frozen meals