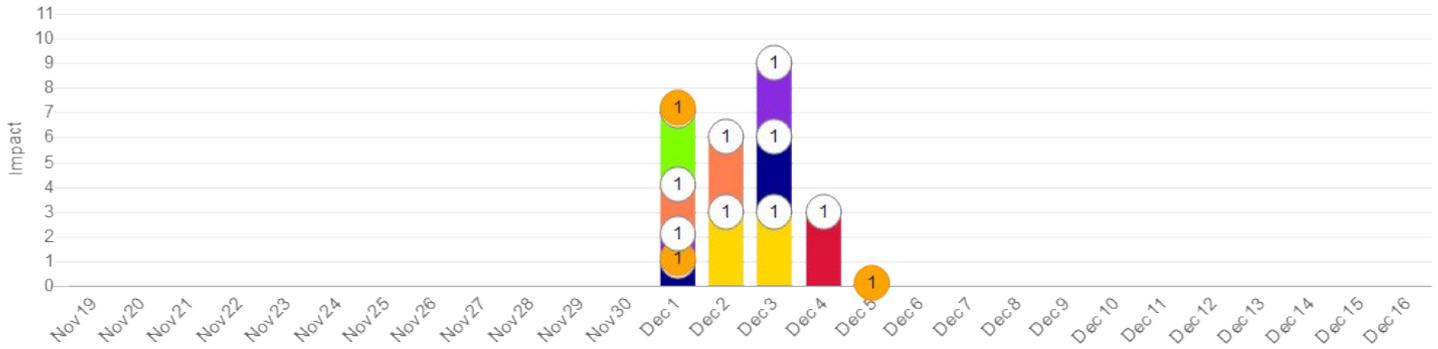


Adult Social Care - An Other

Threads: 9 Records: 13



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Background

#	Date	Completed by	Impact	Record
314	01/12/2017	An Other	0	This record concerns my friend SG who is 65 years of age. She's a retired teacher and widow living in her own house at AB Street, with some savings amounting to about £15,000. The house is the former family home and is a detached 3 bed property in good repair near the town centre. She has two sons who are both married with children living abroad, who usually visit once a year but keep in regular touch by phone, email and Skyping. SG is struggling with living alone after her husband's death early this year. It's particularly difficult because she suffers from severe rheumatoid arthritis which impacts on her mobility, her ability to perform daily living tasks and her emotional welfare. Her husband had been undertaking a lot of the daily practical tasks for SG before his death and providing emotional and other support which she misses terribly. She's still grieving and feeling very low sometimes. We've known each other for about 30 years. I've been helping SG with some of the things she finds difficult to do and visiting nearly every day. I've got a job and family though and so my available time is limited. SG is an intelligent enquiring person. She loves reading, the theatre and music. She's used to technology and has a tablet and mobile phone that she likes using. She's a member of a book club which meets fortnightly and would like to start an evening course on writing at the local

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				college starting in January. I've read about getting help from the local authority and persuaded SG to make an application. She's independent minded and may minimise her problems. A care needs assessment has been set up for later this month and we've decided to use this app to keep a record over a week of how SG manages and to compare it with the assessment being undertaken by the LA. and to ensure they've got a full picture of her needs. - Impact 0

Living safely

#	Date	Completed by	Impact	Record
318	01/12/2017 16:00	An Other	3	SG is very capable of keeping safe in terms of being lucid and alert. However she's very worried about falling on the stairs and being on her own if that happened. She's ok about getting around otherwise as there are rails about the house which she's uses and relies on. The rails on the stairs don't feel safe enough for her and she's worried about toppling over. This is a real concern that's on her mind and is putting her off moving between the upstairs and downstairs which is very limiting. She's feeling depressed about being trapped in one part of the house. - Impact 3

Mobility

#	Date	Completed by	Impact	Record
315	01/12/2017 16:00	An Other	2	visited today after finishing work. SG said she'd got up at 8 and got washed and dressed. It had taken her till 10 to get downstairs. She felt upset about the time it had taken. She's getting worse on the stairs and feeling uncertain and panicky about falling. She'd been stuck several times and so it had taken 20 mins just on the flight of stairs. She was used to having support from her husband NG who'd been around all the time helping her feel secure. We spoke about the bedroom being upstairs and whether she could have it downstairs in the dining room instead. There's a downstairs toilet and shower room. Ideally she'd like a stairlift otherwise she'd never get upstairs at all and she'd miss having her existing bedroom with the adapted en suite (she finds that easier when she goes to the toilet at night) and a room she uses for sitting and writing. - Impact 2

Preparing meals

#	Date	Completed by	Impact	Record
317	01/12/2017 16:00	An Other	1	SG ate cereal for breakfast and had a cuppa soup and roll for lunch. This evening she has a ready meal to microwave and some yoghurt. SG can't prepare and cook a proper meal. NG was doing all the cooking and shopping before he died. She's reliant on me taking her shopping once a week and we try to make sure she has plenty of fruit and salad to help her have some healthy things to eat. I'm worried her diet is not as good as it should be. SG is not so concerned and doesn't seem to want to eat much. She's losing weight which is a worry and she's low in mood today. SG said she would go to bed early as it was getting dark and she would read in bed and email her sons. - Impact 1

■ Communications about my care needs assessment

#	Date	Completed by	Impact	Record
321	01/12/2017 16:00	An Other	0	SG received a letter and some documents from the LA today about her assessment. She's going to go online to read up about it on one of the charity websites. - Impact 0

■ Washing and dressing

#	Date	Completed by	Impact	Record
316	01/12/2017 16:00	An Other	1	SG said she'd taken an hour to wash and dress today with breaks when she had to stop. This was pretty usual. She's finding it particularly painful and getting clothes on very difficult. - Impact 1

■ Mobility

#	Date	Completed by	Impact	Record
319	02/12/2017 10:00	An Other	3	I turned up at 10am as usual to take SG shopping. She was still upstairs and waiting for me. She was washed and dressed, but needed help to get her cardigan on as she had a very painful shoulder. She was worried about the stairs and said she'd wound herself up to the point that she wouldn't have gone downstairs until I'd turned up even if it was the afternoon. Once I was there she tackled the stairs and managed it in about 10 mins. It's a confidence/ fear problem. SG seems fine getting about on each floor, though she's slow to move. She's got rails round the rooms which she relies on. Although there are handrails on the staircase she's really worried about toppling over, falling and being alone. SG had a croissant for breakfast and we went shopping. This evening it's book club and one of the people attending will collect her and bring her back. - Impact 3

■ Depression

#	Date	Completed by	Impact	Record
320	02/12/2017 14:00	An Other	3	On the way back from shopping SG was very teary and low in mood. She's worried about the stairs and is getting really phobic about using them. She's really missing NG. She's also worried about the assessment concluding " I'll have to live in a home". She's finding everything difficult at the moment and I'm encouraging her to go the GP to see if she can get some help. I stayed a while after getting back to her house and left her finishing the book before the book club later. She was really looking forward to that. - Impact 3

■ Washing and dressing

#	Date	Completed by	Impact	Record
322	03/12/2017 14:00	An Other	3	I turned up at 2pm today to find SG still upstairs and in her nightie. She was lying on the bed when I got upstairs. She hadn't

#	Date	Completed by	Impact	Record
				eaten today. She'd had a cup of tea as she has a kettle upstairs to make drinks. She was very upset. She'd not been able to go to the book club. The person who was to have collected her rang to say she was ill. It was a last minute call and so she hadn't had time to make other arrangements. She'd gone to bed and was feeling very lonely. She'd phoned one of her sons but he'd not answered. Her other son had answered but said he was going out. She was weeping by this stage and I've telephoned the Dr and made an appointment. I'm worried that SG can't manage without more support. She's feeling isolated and nervous about being alone. She's full of negative thoughts. The last time she'd eaten was lunchtime yesterday. She didn't want to dress or go downstairs today. I made her something to eat and stayed a couple of hours. I'm worried about her mood and whether she's ok to be left on her own. - Impact 3

■ Preparing meals

#	Date	Completed by	Impact	Record
324	03/12/2017 14:00	An Other	3	SG hasn't eaten since yesterday and isn't interested in food. She's not had a meal for 24 hours. - Impact 3

■ Depression

#	Date	Completed by	Impact	Record
323	03/12/2017 14:00	An Other	3	I'm very worried about SG today. She's not dressed or gone downstairs. She's feeling lonely and isolated. She hadn't eaten for 24 hours. Her mood is very low and she's having lots of negative thoughts. - Impact 3

■ My views about my problems

#	Date	Completed by	Impact	Record
325	04/12/2017 08:30	An Other	3	I was so worried about SG that I went round first thing this morning. SG was up and starting to wash. She seemed a bit brighter today saying one of her sons had phoned last night and she'd spoken to the grandchildren too. I went to do some cleaning and tidying up for her whilst she continued washing and dressing. By 9.30 she was downstairs. I'd been around when she came down the stairs and she'd managed it in 10 mins again. She said she'd been thinking about her circumstances and how my visits to record what she could do had made her realise she needed much more support than she'd thought. It had forced her to confront the problems and she will be more realistic about her limitations when it came to the real assessment. She's going to make a list of the kind of support and help she needs and see if the LA will assist her with it. She said she wanted a stair lift, help with cleaning and other practical tasks and needed more to keep her mind busy and not be lonely. She's going to attend the GP appointment with a better understanding and tell the doctor she's grieving and depressed. She said she was really worried about how she was coping and accepted she needed help. - Impact 3

■ My wellbeing

#	Date	Completed by	Impact	Record
326	05/12/2017 16:00	An Other	0	I visited SG today. She'd gone to the GP appointment by taxi and had been prescribed anti-depressants. There was also a bereavement group the surgery organised which she was going to attend for a few sessions to see how it went. One of her sons had phoned to say that he and his brother would pay for a stairlift and had contacted a company to arrange a home visit early next week. That was a weight off her mind. She wouldn't be continually worried about using the stairs in the morning and at night time. SG wants to stay in her own home for as long as possible and try to live independently with help and support. She wants to get her evening class organised and try to get more involved with things going on in the community so she's not so lonely. She's discovered there's a group in the town that organises a trip to the theatre one a month which she'd like to investigate. SG was more hopeful that with adequate help she'd be able to manage. - Impact 0

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