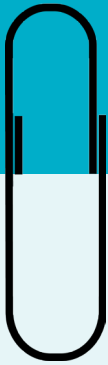


# 1



## Case study one: Carers Assessment

### About me

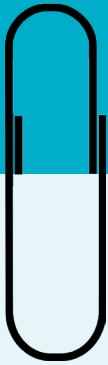
<b>Name</b>	Eve Davies		
<b>Address</b>	1 Fir Avenue, Moreton, ZZ1 Z11		
<b>Telephone</b>	012345 123456		
<b>Email</b>	<a href="mailto:eve.davies@parkcollege.ac.uk">eve.davies@parkcollege.ac.uk</a>		
<b>Gender</b>	Female		
<b>Date of birth</b>	15.2.1974	<b>Age</b>	42
<b>Ethnicity</b>	White British		
<b>First language</b>	English		
<b>Religion</b>	None		
<b>GP</b>	Dr Taylor, Parkside Surgery		

#### How would you like us to contact you?

Email

#### Do you need any support with communication?

No



## Case study one: Carers Assessment continued

### About the person / people I care for

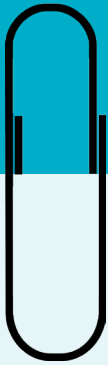
<b>My relationship to this person</b>	Daughter		
<b>Name</b>	Geoff Davies		
<b>Address</b>	1 Pine Avenue, Moreton, ZZ1 Z22		
<b>Telephone</b>	012345 234567		
<b>Email</b>			
<b>Gender</b>	Male		
<b>Date of birth</b>	8.1.1943	<b>Age</b>	73
<b>Ethnicity</b>	White British		
<b>First language</b>	English		
<b>Religion</b>	Baptised C of E		
<b>GP</b>	Dr Tailor, Parkside Surgery		

**Please tell us about any existing support the person you care for already has in place. This could be home care, visits or support from a community, district or community psychiatric nurse, attending any community groups or day centres, attending any training or adult learning courses, or support from friends and neighbours.**

*Home care every morning for medication and check up*

*Befriending service 2 hours a week*

*GP*



## Case study one: Carers Assessment continued

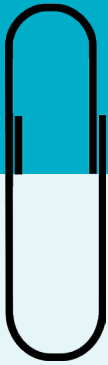
<b>My relationship to this person</b>	Mother		
<b>Name</b>	Matt Sanderson		
<b>Address</b>	1 Pine Avenue, Moreton, ZZ1 Z22		
<b>Telephone</b>	012345 234567		
<b>Email</b>			
<b>Gender</b>	Male		
<b>Date of birth</b>	26.7.1998	<b>Age</b>	17
<b>Ethnicity</b>	White British		
<b>First language</b>	English		
<b>Religion</b>	None		
<b>GP</b>	Dr Tailor, Parkside Surgery		

**Please tell us about any existing support the person you care for already has in place. This could be home care, visits or support from a community, district or community psychiatric nurse, attending any community groups or day centres, attending any training or adult learning courses, or support from friends and neighbours.**

*Goes to college (doing A levels)*

*GP and nurse at the surgery*

*Consultant at the hospital*



## Case study one: Carers Assessment continued

### The things I do as a carer to give support

**Please use the space below to tell us about the things you do as a carer (including the emotional and practical support you provide such as personal care, preparing meals, supporting the person you care for to stay safe, motivating and re-assuring them, dealing with their medication and / or their finances).**

*Dad has early stage vascular dementia and numerous health problems relating to a heart attack he had two years ago. He has started to neglect himself at home, and is finding it more and more difficult to carry out daily tasks. He gets confused with cooking or tasks like making a meal. Sometimes Dad has trouble remembering words and this makes him feel cross. On occasion he does experience short bursts of sudden confusion, which can be frightening for other family members.*

*Following a social care assessment, he has a befriending service stop by every week and a homecare team each morning to check he's ok and supervise his medication.*

*This is what I do for Dad:*

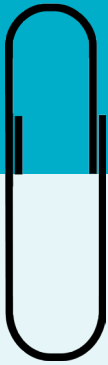
- > *Preparing Dad's medication for the day – setting out in reminder containers*
- > *Greeting care workers in the morning*
- > *Remind Dad about having a wash*
- > *Leave lunch in fridge*
- > *Remind Dad about appointments*
- > *Visit in the evening and cook dinner*
- > *Sort out problems with the care agency*
- > *Do shopping, cleaning, laundry*
- > *Collect medication*
- > *Check for medical appointments/ reviews*
- > *Take Dad to appointments*
- > *Sort out Dad's mail – pay bills*
- > *Fix things round the house*
- > *Sort out extra care if Matt is in hospital*

*Matt has Crohn's disease. He is at college studying for his A levels. He is doing well but his illness does interfere with his life and he can get frustrated about this. He wants good grades to be able to become a journalist and move abroad. It is embarrassing for him that he has to frequently rush to the toilet, and occasionally he is incontinent. Matt has regular relapses. This causes him to lose a lot of weight and he has been in hospital three times in the last year and missed college.*

*This is what I do for Matt:*

- > *In the morning, make special lunch and ensure that he has his emergency bag (extra clothing, wipes, plastic bag and air freshener)*
- > *Remind him about his weekly blood test appointment.*
- > *Extra washing*
- > *Help with homework*
- > *Transporting Matt to hospital/GP/nurse appointments.*

*I also look after my daughter Joanne who is 15.*



## Case study one: Carers Assessment continued

### How my caring role impacts on my life

Please use the space below to tell us about the impact your caring role has on your life.

*Like all working mums I have a lot on. As I have had to do more for Dad, it has got more difficult to juggle family chores and work.*

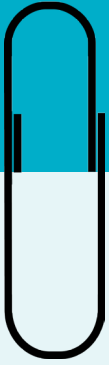
*I want to increase my working hours for financial reasons but I don't see how I can at the moment, as Dad's care needs are increasing and I need to be available for him. I've had to take some flexible working hours recently to cover last minute changes in arrangements for Dad's care. I frequently have to take phone calls at work about care arrangements. I am concerned that I won't be able to keep working and we need the money.*

*I'm worried that Dad isn't eating properly. The care agency have reported that the medication audit has shown that Dad might have been taking his medication at the wrong times. Dad doesn't want to talk about longer term planning and making advanced decisions. He does not want any more social care provision in the house. This really worries me particularly as Dad will need more help as time goes on. Also if Dad suddenly needed a lot more help or I was unwell then I am not sure how we would manage.*

*I want Matt to be able to manage his illness better so that he is happier and able to do the things he wants. As I have had to spend more time with Dad and Matt, my daughter Joanne has become more distant. She finds it difficult that we need to work around what Matt needs, for example for meals. Joanne has always been helpful but has become more withdrawn and resentful. She has started to hang around with older teenagers, and I'm worried they might be 'leading her astray'. She has had a few letters from school mentioning poor attendance and a drop in her grades. I feel like I don't have time at the moment to be a good mum.*

*I'm having problems with sleeping and feel generally run down, and recently I have had to see the GP about stomach pain and nausea, which she thinks is to do with stress. I feel like I don't have any time now to just breathe and am withdrawing from normal life. I don't currently have time to exercise – I used to swim, or to sing in the choir. I've also lost contact with friends so I feel quite isolated.*

# 1



## Case study one: Carers Assessment continued

### What supports me as a carer?

Please use the space below to tell us about what helps you in your caring role.

*I sometimes go on an online carers' forum at night when everyone else is asleep and that's quite helpful. I did try attending a carers' group but it got me down listening to other people's problems.*

*Work gives me a bit of a break from caring and my boss has so far been quite supportive with flexible working though I don't want to push it.*

*Matt's nurse at the GP surgery has been really helpful with information and support. Matt gets on with her well.*



## Case study one: Carers Assessment continued

### My feelings and choices about caring

Please use the space below to tell us about how you are feeling and if you would like to change anything about your caring role and your life.

*It's my choice to care for my family and I want to keep on doing that, and be a good mum and a good daughter.*

*If I knew that Dad was getting the care he needs and that we had a plan for the future then I would manage much better.*

*At the moment I'm feeling stressed and quite overwhelmed. There's always something else to sort out. I feel like I don't have anyone to support me. I miss my Mum and worry about whether I'm looking after my Dad as well as she did.*

*I want to know my family is ok. I don't want to stop looking after my kids and my Dad.*

*I want to be able to manage my different roles at home and at work, and to do things well.*

*I want to have more time with my children and we want more time as a family.*

*I would love to increase my hours at work.*

*I'd like to start swimming and join the choir again. I'd like to see friends sometimes.*

*I do need more sleep.*



## Case study one: Carers Assessment continued

### Information, advice and support

**Let us know what advice or information you feel would help you and what sort of support you think would be beneficial to you in your caring role.**

*Someone to talk to Dad about getting the care he needs – particularly to ensure he takes the right medication and that he eats enough.*

*Some help with planning Dad's care in case there is a crisis, and to plan ahead for what he will need in the future.*

*Someone to check on Dad when I'm at work.*

*A break – just to be free without interruptions.*

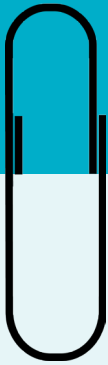
*Some back-up so that I am not always on call.*

*Someone to talk to about how to manage all of this.*

*Someone for Joanne to talk to if she wants to.*

*Someone to support Matt to manage his illness so he can achieve his aims.*





## Case study one: Carers Assessment continued

### Conclusion

To be used by social care assessors to consider and record measures which can be taken to assist the carer with their caring role to reduce the significant impact of any needs. This should include networks of support, community services and the persons own strengths. To be eligible the carer must have significant difficulty achieving 1 or more outcomes without support; it is the assessors' professional judgement that unless this need is met there will be a significant impact on the carer's wellbeing. Social care funding will only be made available to meet eligible outcomes that cannot be met in any other way, i.e. social care funding is only available to meet unmet eligible needs

**Date assessment completed**

15 February 2016

### Social care assessor conclusion

*Eve is providing significant support to her father and her two children, one of whom has Crohn's disease. Eve also works part-time. Eve's father has some support from home care and a befriending service. Her son has support from health services. Eve is very organised, and juggles chores and work well. However, she says that she is starting to feel increasingly stressed and this is having an impact on her health. She is also quite isolated and has no time at present to have a break from caring. Eve would like to continue supporting her family and increase her working hours, as well as having some time for her own interests. It is important to Eve that her father remains at home and is safe, and that her children are happy. Eve would benefit from support to enable her to manage the demands on her, and to have some time for herself. She would also benefit from some emotional support for her and for her family. This will enable her to continue as a carer and to improve her health and wellbeing.*

**Eligibility decision**

*Eligible for support*

**What's happening next**

*Create support plan*

*Carry out assessment for Mr Geoff Davies*

**Completed by**

Name.....

Role.....

Organisation.....



## Case study one: Carers Assessment continued

### Signing this form (for carer)

Please ensure you read the statement below in bold, then sign and date the form.

**I understand that completing this form will lead to a computer record being made which will be treated confidentially. The council will hold this information for the purpose of providing information, advice and support to meet my needs. To be able to do this the information may be shared with relevant NHS Agencies and providers of carers' services. This will also help reduce the number of times I am asked for the same information.**

**If I have given details about someone else, I will make sure that they know about this.**

**I understand that the information I provide on this form will only be shared as allowed by the Data Protection Act.**

Name.....

Signature.....