

## Case study two: Vignette

**Name:** Josef Mazur

**Gender:** Male

**Age:** 16

**Ethnicity:** White European

**First language:** English/Polish

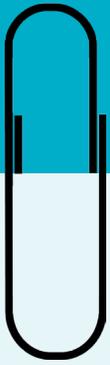
**Religion:** Roman Catholic

Josef lives in a small town with his mother Dorota who is 39. Dorota was diagnosed with Bi-polar disorder seven years ago after she was admitted to hospital. She is currently unable to work. Josef's father, Stefan, lives in the same town and he sees him every few weeks. Josef was born in England. His parents are Polish and he speaks Polish at home.

Josef is doing a foundation art course at college. Dorota is quite isolated because she often finds it difficult to leave the house. Dorota takes medication and had regular visits from the Community Psychiatric Nurse when she was diagnosed and support from the Community Mental Health team to sort out her finances. Josef does the shopping and collects prescriptions. He also helps with letters and forms because Dorota doesn't understand all the English. Dorota gets worried when Josef is out. When Dorota is feeling depressed, Josef stays at home with her. When Dorota is heading for a high, she tries to take Josef to do 'exciting stuff' as she calls it. She also spends a lot of money and is very restless.

Josef worries about his mother's moods. He is worried about her not being happy and concerned at the money she spends when she is in a high mood state. Josef struggles to manage his day around his mother's demands and to sleep when she is high. Josef has not told anyone about the support he gives to his mother. He is embarrassed by some of the things she does and is teased by his friends, and he does not think of himself as a carer. Josef has recently had trouble keeping up with course work and attendance. He has been invited to a meeting with his tutor to formally review attendance and is worried he will get kicked out. Josef has some friends but he doesn't have anyone he can confide in. His father doesn't speak to his mother.

Josef sees some information on line about having a parent with a mental health problem. He sends a contact form to ask for information. Someone rings him and he agrees to come into the young carers' team and talk to the social worker. You have completed the assessment form with Josef in his words and then done a support plan with him.



## Case study two: Chronology

**Name:** Josef Mazur

**Gender:** Male

**Age:** 16

**Ethnicity:** White European

**First language:** English/Polish

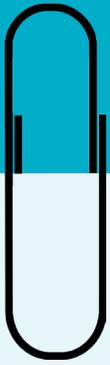
**Religion:** Roman Catholic

**Date chronology completed:** 7 March 2016

**Date shared with person:** 7 March 2016

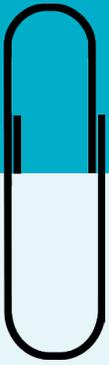
Date	Life Event	Outcome and/or response
1997	Josef's mother and father moved to England from Poznan.	Both worked at the warehouse – Father still works there.
11.11.1999	Josef born.	Mother worked for some of the time that Josef was young.
2006	Josef reports that his mother and father started arguing about this time because of money and Josef's mother not looking after household tasks.	Josef started doing household tasks e.g. cleaning, washing and ironing.
2008	Josef reports that his mother didn't get out of bed for a few months.	Josef managed the household during this period.
October 2008	Josef reports that his mother spent lots of money in catalogues and didn't sleep. She was admitted to hospital.	Mother was in hospital for 6 weeks and was diagnosed with bipolar disorder. Josef began looking after his mother's medication and says that he started to 'keep an eye on her.'

Continued on next page



## Case study two: Chronology continued

Date	Life Event	Outcome and/or response
May 2010	Josef's father moved out to live with his friend Kat. Josef stayed with his mother.	Josef reports that his mother was 'really sad for a while and then she went round and shouted at them.' Mother started on different medication and had regular visits from the Community Psychiatric Nurse. Josef said that the CPN told him about his mum's illness and to let him know if he needed any help but he was managing ok. Josef saw his father every week for a few years and then it was more like every month. Father does not visit Josef or speak to his mother.
2013/14	Josef reports that his mother got into a lot of debt and they had eviction letters.	Josef's father paid some of the bills and his mother was referred by the Community Mental Health Team for advice from CAB and started getting benefits. Josef started doing the correspondence.
2015	Josef left school and went to college.	Josef got an A (art), 4 Cs and 3 Ds GCSE. He says that he 'would have done better but I didn't do much work.'
26 Feb 2016	Josef got a letter from his tutor at college saying he had to go to a formal review about attendance.	Josef saw information on-line about having a parent with a mental health problem and asked for some information.
2 March 2016	Phone call from young carer's team to Josef.	Josef agreed to come in for an assessment.
4 Mar 2016	Social worker meets with Josef.	Carer's assessment and support plan completed.
7 Mar 2016	Paperwork completed.	Sent to Josef.



## Case study two: One page profile

### What others like and admire about me

- > I can draw
- > Good at football
- > Finished Arkham Asylum on hard

### What is important to me

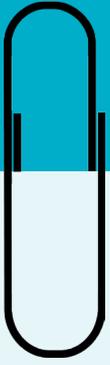
- > Mum being well and happy
- > Seeing my dad
- > Being an artist
- > Seeing my friends

**Josef Mazur**

### How best to support me

- > Tell me how to help mum better
- > Don't talk down to me
- > Talk to me 1 to 1
- > Let me know who to contact if I am worried about something
- > Work out how I can have some time on my own so I can do my college work and see my friends
- > Don't tell mum and my friends

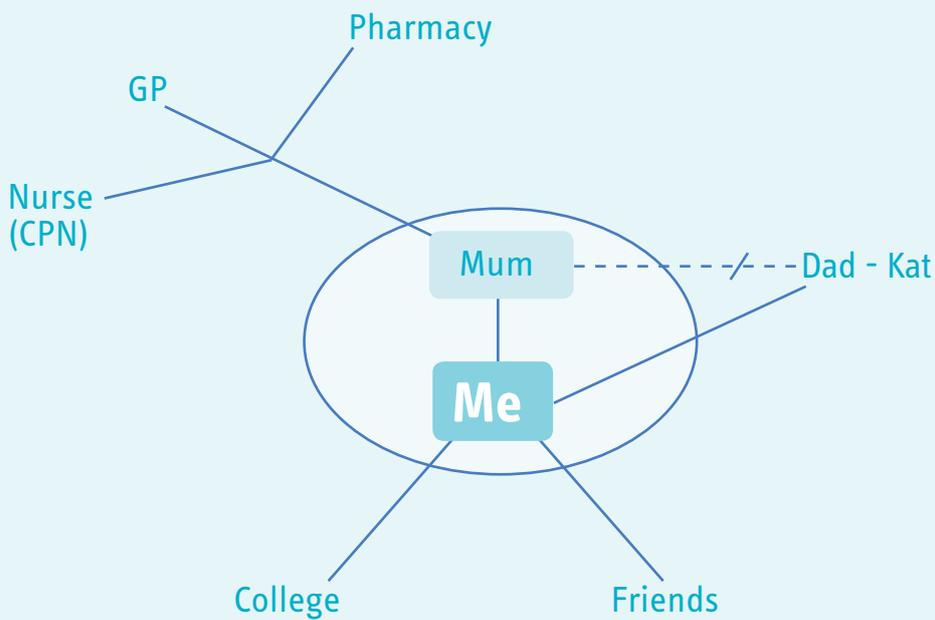
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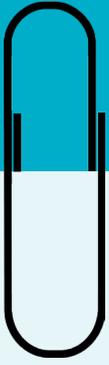


## Case study two: Ecogram

**Name:** Josef Mazur

**Date completed:** 7 March 2016





## Case study two: Carers Assessment

### Do you look after or care for someone at home?

The questions in this paper are designed to help you think about your caring role and what support you might need to make your life a little easier or help you make time for more fun stuff.

Please feel free to make notes, draw pictures or use the form however is best for you.

### What will happen to this booklet?

This is your booklet and it is your way to tell an adult who you trust about your caring at home. This will help you and the adult find ways to make your life and your caring role easier.

The adult who works with you on your booklet might be able to help you with everything you need. If they can't, they might know other people who can.

#### Our Agreement

Worker:

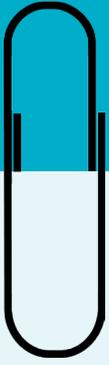
- > I will share this booklet with people if I think they can help you or your family
- > I will let you know who I share this with, unless I am worried about your safety, about crime or cannot contact you
- > Only I or someone from my team will share this booklet
- > I will make sure this booklet is stored securely
- > Some details from this booklet might be used for monitoring purposes, which is how we check that we are working with everyone we should be

Signed: \_\_\_\_\_

Young person:

- > I know that this booklet might get shared with other people who can help me and my family so that I don't have to explain it all over again
- > I understand what my worker will do with this booklet and the information in it (written above).

Signed: \_\_\_\_\_



## Case study two: Carers Assessment continued

### About me

<b>Name:</b>	Josef Mazur	
<b>Address</b>	1 Green Avenue, Churchville, ZZ1 Z11	
<b>Telephone</b>	012345 123456	
<b>Email</b>	<a href="mailto:jmazz@apple.com">jmazz@apple.com</a>	
<b>Gender:</b>	Male	
<b>Date of birth:</b>	11.11.1999	Age: 16
<b>School</b>	Green College, Churchville	
<b>Ethnicity</b>	White European	
<b>First language</b>	English/ Polish	
<b>Religion</b>	Baptised Roman Catholic	
<b>GP</b>	Dr Amp, Hill Surgery	

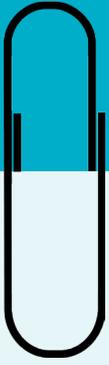
### The best way to get in touch with me is:

Email

### Do you need any support with communication?

No\*

\*Josef is bilingual – English and Polish. He speaks English at school and with his friends, and Polish at home. Josef was happy to have this assessment in English, however, another time he may want to have a Polish interpreter. It will be important to ensure that Josef is able to use the words he feels best express himself.



## Case study two: Carers Assessment continued

### About the person/ people I care for

*I look after my mum who has bipolar disorder. Mum doesn't work and doesn't really leave the house unless she is heading for a high. When Mum is sad she just stays at home. When she is getting hyper then she wants to do exciting stuff and she spends lots of money and she doesn't sleep.*

### Do you wish you knew more about their illness?

No

### Do you live with the person you care for?

Yes

### What I do as a carer

*It depends on if my mum has a bad day or not. When she is depressed she likes me to stay home with her and when she is getting hyper then she wants me to go out with her.*

*If she has new meds then I like to be around.*

*Mum doesn't understand English very well (she is from Poland) so I do all the letters. I help out at home and help her with getting her medication.*

### Tell us what an average week is like for you, what kind of things do you usually do?

#### Monday to Friday

*Get up, get breakfast, make sure mum has her pills, tell her to get up and remind her if she's got something to do*

*If mum hasn't been to bed then encourage her to sleep a bit and set an alarm*

*College - keep phone on in case mum needs to call - she usually does to ask me to get something or check when I'm coming home*

*Go home - go to shops on the way*

*Remind mum about tablets, make tea and pudding for both of us as well as cleaning the house and fitting tea in-between, ironing, hoovering, hanging out and bringing in washing*

*Do college work when mum goes to bed if not too tired*

#### Weekend

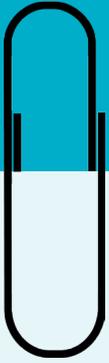
*More chores*

*Do proper shop*

*Get prescription*

*See my friends, do college work,*

*Sunday - do paper round*



## Case study two: Carers Assessment continued

### Physical things I do....

(for example cooking, cleaning, medication, shopping, dressing, lifting, carrying, caring in the night, making doctors appointments, bathing, paying bills, caring for brothers & sisters)

*I do all the housework and shopping and cooking and get medication*

### Emotional support I provide....

(please tell us about the things you do to support the person you care for with their feelings; this might include, reassuring them, stopping them from getting angry, looking after them if they have been drinking alcohol or taking drugs, keeping an eye on them, helping them to relax)

*If mum is stressed I stay with her*

*If mum is depressed I have to keep things calm and try to lighten the mood*

*She likes me to be around*

### Things I find difficult

*When mum is heading for a high wants to go to theme parks or book holidays and we can't afford it*

*I worry that mum might end up in hospital again*

*Mum gets cross if I go out*

### Other support

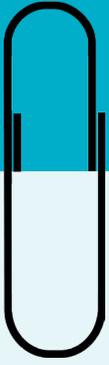
Please tell us about any other support the person you care for already has in place like a doctor or nurse, or other family or friends.

*The GP sees mum sometimes. She has a nurse who she can call if things get bad.*

*Mum's medication comes from Morrison's pharmacy.*

*Dad lives nearby but he doesn't talk to mum.*

*Mum doesn't really have any friends.*



## Case study two: Carers Assessment continued

**Do you ever have to stop the person you care for from trying to harm themselves or others?**

*No*

### **Some things I need help with**

*Sorting out bills and having more time for myself*

*I would like mum to have more support and to have some friends and things to do*

### **My week**

**On a normal week, what are the best bits? What do you enjoy the most?**

*(eg, seeing friends, playing sports, your favourite lessons at school)*

*College*

*Seeing friends*

*When mum is up and smiling*

*Playing football*

*Xbox*

**On a normal week, what are the worst bits? What do you enjoy the least?**

*(eg cleaning up, particular lessons at school, things you find boring or upsetting) Nagging mum to get up*

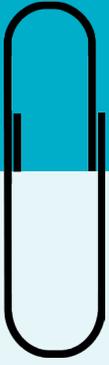
*Reading letters*

*Missing class*

*Mum shouting*

*Friends laugh because I have to go home but they don't have to do anything*

# 2



## Case study two: Carers Assessment continued

### Fun stuff!

**What things do you like to do in your spare time?**

*Drawing*

*Playing football*

*Xbox*

**Do you feel you have enough time to spend with your friends or family doing things you enjoy, most weeks?**

*No*

**Do you have enough time for yourself to do the things you enjoy, most weeks?**

(for example, spending time with friends, hobbies, sports)

*No*

**Are there things that you would like to do, but can't because of your role as a carer?**

*Yes*

Can you say what some of these things are?

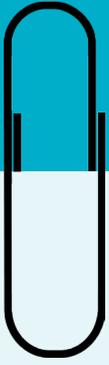
*See friends after college*

*Go out at the weekend*

*Time to myself at home*

*It can feel a bit lonely*

*I'd like my mum to be like a normal mum*



## Case study two: Carers Assessment continued

### School/college

**Do you think being your caring role makes school/college more difficult for you in any way?**

Yes

If you ticked YES, please tell us what things are made difficult and what things might help you.

#### **Things I find difficult at school/ college**

*Sometimes I get stressed about college and end up doing college work really late at night - I get a bit angry when I'm stressed*

*I don't get all my college work done and I miss days*

*I am tired a lot of the time*

#### **Things I need help with...**

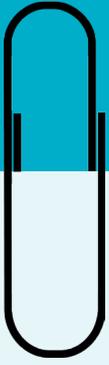
*I am really worried they will kick me out because I am behind and I miss class. I have to meet my tutor about it.*

**Do your teachers know about your caring role?**

No

**Are you happy for your teachers and other staff at school/college to know about your caring role?**

Not sure



## Case study two: Carers Assessment continued

### Work

**Do you think that being a carer will make it more difficult for you to find or keep a job?**

*Yes*

**Why do you think being a carer is/ will make finding a job more difficult?**

*I haven't thought about it. I don't know if I'll be able to finish my course and do art and then I won't be able to be an artist.*

*Who will look after mum?*

**What would make it easier for you to find a job after school/college?**

*Finishing my course*

*Mum being ok*

### How I feel about life...

**Do you feel confident both in school and outside of school?**

*Somewhere in the middle*

**In your life in general, how happy do you feel?**

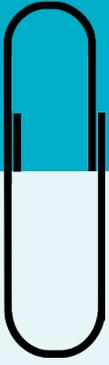
*Quite unhappy*

**In your life in general, how safe do you feel?**

*Very safe*

**How healthy do you feel at the moment?**

*Quite healthy*



## Case study two: Carers Assessment continued

### Being heard

**Do you think people listen to what you are saying and how you are feeling?**

*No*

**If you said no, can you tell us who you feel isn't listening or understanding you sometimes**

*(eg, you parents, your teachers, your friends, professionals) I haven't told anyone*

*I can't talk to mum*

*My friends laugh at me because I don't go out*

**Do you think you are included in important decisions about you and your life?**

*(eg, where you live, where you go to school etc)*

*Yes*

**Do you think that you're free to make your own choices about what you do and who you spend your time with?**

*Not often enough*

**Is there anybody who knows about the caring you're doing at the moment?**

*Yes*

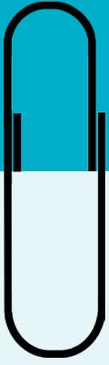
**If so, who?**

*I told dad but he can't do anything*

**Would you like someone to talk to?**

*Yes*

# 2



## Case study two: Carers Assessment continued

### Supporting me

**Some things that would make my life easier, help me with my caring or make me feel better**

*I don't know*

*Fix mum's brain*

*Tell me how to help mum better*

*People to help me if I'm worried and they can do something about it*

*Not getting kicked out of college*

*Free time - time on my own to calm down and do work or have time to myself*

*Time to go out with my friends*

*Get some friends for mum*

*I don't want my mum to get into trouble*

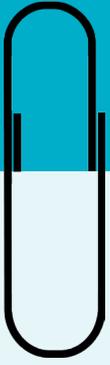
**Who can I turn to for advice or support?**

*I would like to be able to talk to someone without mum or friends knowing*

**How easy is it to see a Doctor if you need to?**

*Easy*

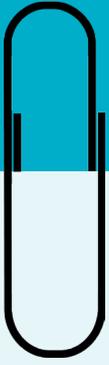




## Case study two: Support Plan

### About me

<b>Name:</b>	Josef Mazur	
<b>Address</b>	1 Green Avenue, Churchville, ZZ1 Z11	
<b>Telephone</b>	012345 123456	
<b>Email</b>	jmazz@apple.com	
<b>Gender:</b>	Male	
<b>Date of birth:</b>	11.11.1999	<b>Age:</b> 16
<b>School</b>	Green College, Churchville	
<b>Ethnicity</b>	White European	
<b>First language</b>	English/ Polish	
<b>Religion</b>	Baptised Roman Catholic	
<b>GP</b>	Dr Amp, Hill Surgery	



## Case study two: Support Plan continued

### About the person/ people I care for

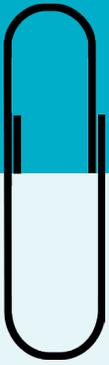
<b>My relationship to this person</b>	son		
<b>Name</b>	Dorota Mazur		
<b>Address</b>	1 Green Avenue, Churchville, ZZ1 Z11		
<b>Telephone</b>	012345 123456		
<b>Gender</b>	Female		
<b>Date of birth</b>	12.6.79	<b>Age</b>	36
<b>Ethnicity</b>	White European		
<b>First language</b>	Polish		
<b>Religion</b>	Roman Catholic		
<b>GP</b>	Dr Amp, Hill Surgery		

### Support plan completed by

**Name**.....

**Role**.....

**Organisation**.....



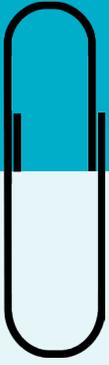
## Case study two: Support Plan continued

### Support plan

Needs	Outcomes	Actions
<i>To know how to help mum better</i>	<i>Josef knows what he can and can't do to help Josef is more confident that he is doing the right thing Josef is less tired and stressed and feels happier</i>	<i>Ask Community Psychiatric Nurse to talk to Josef about how to support his mum (Josef does not want his mother to know about this) To do the 'My Life Now' tool to see how Josef is now and to do this again after a month</i>
<i>Someone to talk to and advice if I am worried</i>	<i>Josef can call someone or contact them on line when he is worried Josef knows people who understand his situation</i>	<i>Josef to try going to young carer's group at lunchtime once a week Josef to have number for advice line</i>
<i>To be able to do college work and go to college</i>	<i>Tutor understands Josef's situation and supports Josef Josef finishes his course</i>	<i>Social worker to attend the review meeting with Tutor and agree a plan for coursework and some flexible carer's leave, and permission to use mobile in class for emergencies and time out if needed</i>
<i>Time for myself</i>	<i>Josef can go out with his friends at the weekend and has time to do his college work in the evenings</i>	<i>Young carers' group to advise Josef on how to talk to his mum about time for himself Talk to tutor about Josef doing college work on site two evenings a week</i>
<i>To plan for leaving college</i>	<i>Josef to do an art degree</i>	<i>Start planning for this in six months time</i>
<i>Support for mum</i>	<i>Ultimately, for Josef's mother to have wider circle of support and increase her wellbeing</i>	<i>Ask Community Psychiatric Nurse to talk to mum about whether she would be prepared to have a social care assessment – will need an interpreter</i>

**Date of support plan:** 7 March 2016

**This plan will be reviewed on:** 7 September 2016



## Case study two: Support Plan continued

### Signing this form

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.....

*Josef has given consent to share this support plan with the CPN but does not want it to be shared with his mum.*