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Case study three: Carers Assessment

About me

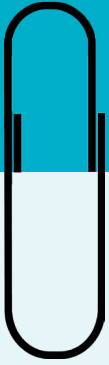
Name	Susan Reinfeld		
Address	69, Willow Crescent, Allpark, ZZ3 Z33		
Telephone	07856 765432		
Email	sreinfeld45@actnow.com		
Gender	Female		
Date of birth	01.06.45	Age	70
Ethnicity	White British		
First language	English		
Religion	Humanist		
GP	Dr Habeeb, Allpark Surgery		

How would you like us to contact you?

Mobile or email

Do you need any support with communication?

No



Case study three: Carers Assessment continued

About the person/ people I care for

My relationship to this person	Partner		
Name	Grace Wilson		
Address	69, Willow Crescent, Allpark, ZZ3 Z33		
Telephone	07878 123456		
Email	N/A		
Gender	Female		
Date of birth	18.01.34	Age	82
Ethnicity	White British		
First language	English		
Religion	Humanist		
GP	Dr Habeeb, Allpark 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.

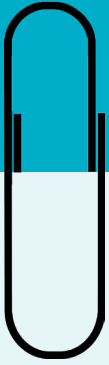
GP, Dr Habeeb.

Phone calls from nephews and nieces.

Grace is currently in a residential care home for rehabilitation after being in hospital.

Social Worker who organised the step-down bed

Multi-disciplinary reablement team



Case study three: 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).

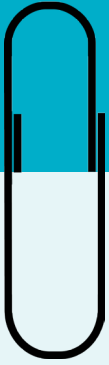
Before Grace went into hospital, I used to support her throughout the day and night. Now I go to the care home after breakfast and stay until Grace goes to bed. Grace often rings me when I am not at the home including in the night.

This is what I generally do:

- > *I launder Grace's clothes and bring them in - Grace is meticulous about her appearance - very stylish.*
- > *I take Grace to the toilet during the day - she needs support to be able to use the toilet and it is important to her that I do this.*
- > *I remind Grace about her medication and help her to take the correct ones at the right times.*
- > *I help Grace to go down to meals in the home - I bring in some food for her which I cook from her favourite recipes*
- > *Grace likes us to watch films or TV recordings together, especially documentaries. We usually manage at least one programme a day together. She likes me to keep her informed about what's going on in our political networks. I bring in books and local information, international news items, and read to Grace. I try to find things that interest her to bring in every day.*
- > *I help Grace to get undressed and showered in the evening - she likes to feel fresh at the end of the day.*
- > *When I get home, I sort things out there and get things ready for visiting the next day.*

When Grace was at home I also:

- > *Helped Grace to get washed and dressed in the morning.*
- > *Did all the shopping, meal preparation and cooking - Grace is a good chef and explained how things need to be done.*
- > *Arranged Skype calls with friends for Grace.*
- > *Helped Grace to have a bath each evening - we don't have a shower.*
- > *Helped Grace to the toilet in the night, usually a few times.*
- > *Fetches things for Grace in the night if she wasn't able to sleep.*
- > *Arranged any medical appointments and collected medication.*



Case study three: 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.

The last year or so has been very difficult. I have done my best to support Grace and this has gradually made me more and more tired. I have been feeling unwell due to the lack of sleep and am always exhausted.

I worry about letting Grace down but I cannot do all that she needs me to do at home. Even with help coming in, there would be so much time when it was just me. Grace has said that she will try a care home and I think this is best. However, I feel guilty every time I leave her.

Even while Grace has been in hospital, and now in the reablement home, I seem to be as busy as ever. Grace is anxious about being in the home so I visit every day. The food is definitely not up to Grace's standards - so I try to prepare something fresh to take in for her every day. Grace phones or texts me when I am not there and sometimes during the night. It is very stressful being 'on call'. She forgets that I may be asleep or driving to see her.

I used to like going to the cinema and I wanted to get involved in a "University of the Third Age" group which I saw is exploring the history of film. I would like to travel and carry on with campaigns. At the moment I am too tired to do more than visit Grace and I don't want to let Grace down by not being there for her.

It feels like my future is very bleak. We were planning to do so much more but all that has faded away along with Grace's health. I feel like I have already lost her in a way. I miss the relationship that we had. Grace gets frustrated and she can lash out with her tongue. She gets quite angry if I don't get it right. I know she doesn't mean it but it does hurt and I don't know who to turn to. Some of the staff in the home seem quite uncomfortable around us and some have made comments that I find quite oppressive.

My sister passed away last year and I miss her. Grace's brother, Clive, is hard work - he's very domineering. I'm concerned about his response if the decision is made for Grace to go into a care home for good. He has always expected me to cope no matter what - his attitude is that I've 'made my bed and must lie in it'. He expects me to continue caring for his sister as "that's what I would have to do if I was Grace's husband".

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Case study three: 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 have a very supportive network of friends, we phone and email a lot. The trouble is we are so spread out, and I don't really like talking about Grace behind her back, certainly not about the more private side of our relationship. I used to relax by walking, watching films, reading, studying or visiting new places.

My nephew, Graham - he only lives 20 miles away - he and I used to enjoy long walks together and we're very close. He phones often and we make plans but I am so busy trying to sort everything out I hardly see him now.

The GP is very good and comes when we need her, but there is not much she can do either now, it's the staff at the home who are looking after Grace at the moment. Some of the staff are very supportive.

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Case study three: Carers Assessment continued

My feelings and choices about caring

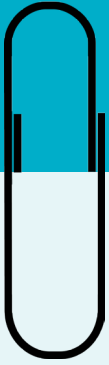
Please use the space below to tell us about how you are feeling and if you would like to change anything about your caring role and your life.

I know I can no longer provide the level of care that Grace needs and it is right for her to be in a care home. However, I can't help feeling that I have failed her. There were so many things that we shared and we had plans for the future. I'm beginning to recognise that some of the feelings I have are bereavement - the life we once shared is coming to an end.

By the time evening comes I feel emotionally drained. I feel like I can't ever switch off from thinking about Grace. My life is on hold and I miss the things that I had hoped to be doing now, being more active in the world. I have had to give up a lot to support Grace and it is affecting my health. I want to support Grace as much as I can and ensure that she is happy. I do need to make sure I can keep going and that I can still be me.

I would like us to have time together that is not just about caring. I'm now providing personal care to my partner- our relationship has shifted - I'm not sure we feel like equal partners in life - not only from my perspective but I think Grace finds it difficult too. I'd love us to just be partners again, to have the intimacy we used to have with each other. I don't want that side of our relationship to disappear.

Grace's brother doesn't agree with the decisions that are being made. He has always found our relationship hard to accept, and he likes to be in charge. He has very traditional values. I want him to understand and to support us.



Case study three: 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.

I'd like someone to discuss my concerns with and talk things through, so I feel reassured I am making the right choices, for both of us. I must get it right.

I'd like to not have to repeat my story and keep having to explain our relationship. I'd like to be able to stay over with Grace and feel free to visit when I and she want.

Good communication between all the professionals. An explanation of everyone's roles, and one person to co-ordinate it all. I'd like to know who to contact and who there is to help me.

Grace needs looking after properly and professionally but I don't know how I can pay for everything to keep our shared home going and sort out her care. Being clear about how the care home is going to be funded will help.

Confidence in the paid carers doing their job properly, that they know what equality actually means.

Grace to have access to the internet so that she can keep up with her interests when I am not there.

I need expert professional advice about looking after Grace's affairs, our home - which belongs to her, and our finances.

Having someone to attend meetings with me, be my advocate.

I don't know how to cope with her brother's response. I'd like help with this, and support from the family with this.



Case study three: 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

08 March 2016

Social care assessor conclusion

Susan has been providing significant daily support to her partner, Grace aged 82, who has recently been hospitalised after a fall and had six weeks support in a respite bed. At 70 years of age herself, Susan is struggling to cope with the physical and emotional demands of caring for her partner. Susan describes feeling exhausted and says that her health is deteriorating. Before the hospital admission Susan and Grace weren't in contact with services. Following a six week respite period, and during subsequent assessments, Susan and Grace have reluctantly come to the joint decision that a care home for Grace is needed due to the level of needs. Susan is determined to still be able to provide a high level of care for Grace, bringing her food and supporting her personal care, and activities during the day. Susan wants to maintain daily contact and be able to stop overnight with Grace. The impact of this decision and the pressures on Susan of trying to find a suitable residential home for Grace, sorting Grace's affairs and their legal position, are considerable. Susan is also concerned about Grace's brother's response to her going into a care home. The situation is having a significant effect on Susan's emotional wellbeing and she needs support in order to continue as a carer and maintain her relationship with Grace, and to engage in her own activities and maintain her home.

Eligibility decision

Eligible for support

What's happening next

Create support plan

Completed by.....

Name.....

Role.....

Organisation.....

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Case study three: 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.....