

Care and support plan

Name: Robert (Bob) Woodgate

Gender: Male

Age: 87

Ethnicity: White British

Religion: C of E

Disability: Alzheimer's, hearing impairment; arthritis

First language: English

Family: extended family

Location: East Midlands town

Needs	Outcomes	Actions
Something constructive to do	Bob is enjoying life, is occupied and is more settled during the day Bob is awake for more of the day and therefore sleeps better at night	Gary to do the big jobs in the garden and make a list of smaller jobs for Bob to do Gary and Edith and Bob make a weekly timetable for Bob for when Bob will work in the garden with supervision, watch sport, listen to the radio, and go out to singing for the brain and memory clinic
Keep seeing the family	With prompting Bob knows who is who	Bob, Cathy and Edith to make a family tree with photos and names

# research in practice for adults

Needs	Outcomes	Actions
	Family know what to say if Bob asks for Louise so Bob is not distressed	Edith and Gary to get advice from the local dementia support group Gary to look at a resource about what to do if someone has a different reality <a href="https://www.mentalhealth.org.uk/sites/default/files/dementia-truth-enquiry-roe.pdf">https://www.mentalhealth.org.uk/sites/default/files/dementia-truth-enquiry-roe.pdf</a> and identify the best strategy for talking to Bob about Louise – this may be distracting him
Pain relief	Bob doesn't say he has pain	The pharmacist from the GP practice will visit to review medication and pain management
Prompting with daily activities - washing and dressing, eating, using the toilet	Bob's wellbeing is maintained at home	Edith to continue to prompt Bob An occupational therapist to visit and help Edith to arrange things in the home so that Bob can do things with minimum prompting
Support with household tasks - cooking, shopping, cleaning, correspondence	Bob's wellbeing is maintained at home	Edith to continue to do the cooking Gary to do the shopping and help Edith with the post Social worker to help Gary fill in forms for attendance allowance for Bob and for Edith so that Edith can privately arrange for a cleaner and odd job person
Edith to be able to continue to care for Bob	Edith to remain well	See Edith's care and support plan

## Review

This plan will be reviewed in six months or sooner if things change significantly.