

Care and support plan

Name: Edith

Gender: Female

Age: 82

Ethnicity: White British

Religion: C of E

Disability: vascular dementia; visual impairment; angina; diabetes

First language: English

Needs	Outcomes	Actions
Help with household tasks	Edith and Bob are able to stay at home	Gary to do weekly shopping and unpack this Gary to help with the post Social worker to help Gary fill in forms for attendance allowance for Edith and for Bob so that Edith can privately arrange for a cleaner and odd job person Social worker to arrange assistive technology including: gas alarm, alarm if tap is left running
Put in eyedrops and take medication as prescribed	Edith's health is maintained	Social worker to arrange assistive technology including: alarm in case Edith falls, reminder for medication and eyedrops
Edith needs Bob to be settled and looked after	Edith is less anxious because:	Move Edith's chair and the TV so that she can watch TV and see Bob in the garden

# research in practice for adults

Needs	Outcomes	Actions
	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	Family continue to visit	Gary to visit every week Cathy to visit every month Grandchildren and great-grandchildren to visit every few months Gary and Cathy will talk to the extended family about how best to support Bob and Edith, and make a timetable for visits
Keep watching quiz shows and go to the pub quiz	Edith feels like she has had a break	Gary is going to spend time with Bob every week so that Edith can go to the quiz with Mark Edith to watch quiz shows while Bob is doing jobs in the garden
Edith to remain well	Edith is able to get more sleep	Gary to put up a blackout blind and get a light alarm which gets light at 7am so that Bob doesn't get up very early in the morning Cathy will start visiting from Saturday evening late rather than Sunday so that she can sleep over night and give Edith a break Cathy will investigate arranging private care overnight once a week
Advice for Edith about how to respond when Bob forgets the family, asks about Louise or swears	Edith is less worried	Social worker has provided some tips on this to Edith, Gary and Cathy Social worker has provided information about Dementia UK and a local support group 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-">https://www.mentalhealth.org.uk/sites/default/files/dementia-</a>

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Needs	Outcomes	Actions
		<a href="#">truth-enquiry-roe.pdf</a> and identify the best strategy for talking to Bob about Louise – this may be distracting him

## Review

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