

ESSENTIAL LIFESTYLE PLAN

JANE BROWN

2nd Draft July 2000

Who contributed to the plan:

Jane Brown

Joan Brown- Jane's mum

Alec Brown– Jane's dad

Lee Brennan –supports Jane at her home, 12 Green Rd

Ruth Evans- service manager at We Care, the agency which supports Jane

Lesley Roach– Jane's keyworker at her home

Nicky Fletcher– supports Jane at home

Mike Lee– supports Jane at home

Abby Wells– Named Health Worker, sees Jane every week

Ellie Brooks– Development Officer, Health Authority

Samantha Meadows- -Development Officer, Health Authority

Facilitated by: Lee Brennan
Lesley Roach

Good Things People Say About Jane

- ❖ Organised
- ❖ Excellent memory - especially with people
- ❖ Good sense of humour
- ❖ Good listener
- ❖ Considerate
- ❖ Affectionate
- ❖ Warm, friendly smile
- ❖ Sociable and friendly
- ❖ Good dress sense, stylish
- ❖ Knowledgeable about music

MOST IMPORTANT

Jane must have

About Relationships

- ❖ To see her family, especially her mum, at least once a week.
- ❖ To know that she is liked and loved, told when she has done well and reassured about things which worry her. To know that she is forgiven if she feels that she has upset somebody.

About where Jane lives

- ❖ To move from Green Road, to live in her own home
- ❖ To be first up in the house, between 6am and 7am and to get dressed before she comes downstairs.
- ❖ To sleep with her bedroom door open.
- ❖ To have her important possessions in her room, her clock and her wireless tuned in to Radio One and her TV in the sitting room
- ❖ To have her clothes arranged in tidy piles, the way she likes them.

About the people who support her

- ❖ To have time on her own with someone who is supporting her to talk and be listened to each day.

- ❖ To be supported by women when she moves, although Jane enjoys going out to horse riding with Mike at the moment.
- ❖ To be supported by people who are patient and kind.
- ❖ That people are on time. Jane expects people to arrive at the arranged time if they are going out with her or are picking her up to go out. To have the rota of who is supporting her when.
- ❖ To be involved in any future plans for herself, this means coming to meetings sometimes, when she wants to, but always being informed about what is happening. To be supported by people who respect this.
- ❖ To know that people around her understand what she is saying by them repeating things.

About how Jane spends her time

At home:

- ❖ To watch her TV and listen to her radio whenever she chooses.
- ❖ To be at home on a Sunday by 4pm to listen to Radio One Top 40.
- ❖ To have a bath and wash her hair every day. Jane's mum usually washes her hair for her when she visits. Jane has her bath in the evenings, timed around her favourite TV programmes, and she likes a good soak, usually for an hour. Jane will top up the water when she is in the bath to keep it warm and always has a lot of toiletries to choose from and always has bubbles in her bath.

Out and About:

- ❖ To go to the day centre twice a week - Willow. Jane goes on Tuesdays and Wednesdays.
- ❖ To go horse riding twice a week at Home Farm. She goes on Monday and Friday mornings and usually rides Sam and helps to groom him afterwards. Jane often goes riding with Mike and has lunch out after her ride. Jane usually travels in her own car.
- ❖ To choose what to wear and to go shopping for clothes. Jane always wears trousers. Jane always goes shopping with her mum, usually in Peacocks
- ❖ To have her own car and go out for drives in it when she wants to. To have some excitement. To Jane this means doing circles in car on Southport beach, going around roundabouts in her car, fun fair rides ,eg, motor boats and the roller coaster, visiting places of interest, e.g. Sea Life Centre, Rhyl and Blackpool
- ❖ To have a holiday once a year. Jane usually has a weekend somewhere in the UK with her mum.

About food and drink

- ❖ To choose what she wants to eat. Jane's current favourites are pineapple, meringue, the crust from pies, pot rice, streaky bacon, roast potatoes, Milky Ways and sweet and sour sauce. Jane is very clear in terms of what food she will eat and will often stop eating a favourite and start eating something else.
- ❖ To eat her meals in her sitting room by herself or with people who support her but not with the other people she lives with. To always eat with the people supporting her when she moves.
- ❖ To have a cup of tea when she wants one. Jane has strong tea with two sugars and must have fresh full cream milk with it. Jane drinks coffee sometimes.

Jane must not

- ❖ To talk about birthdays or celebrate her own or her Mum's.
- ❖ To see or touch toy dolls Jane becomes physically sick at the sight of dolls.
- ❖ To see babies' feet. Jane will become physically sick.
- ❖ To eat with the other people who share her home.
- ❖ To see the people who support her that she particularly likes spending time with others.
- ❖ To go to any We Care social activities.
- ❖ To spend time or share her space with the people that she lives with or for anyone who shares her home to come into her sitting room.
- ❖ To have a broken night's sleep. Jane asks for a tablet to help her to sleep.
- ❖ Be physically sick.

SECOND IN IMPORTANCE

Jane really wants to

About time at home

- ❖ To plan her bath around favourite TV programmes. These are usually BBC1 programmes, including Top of the Pops, Casualty and Neighbours.
- ❖ To go straight to bed after her bath.

About the people who support her

- ❖ To be involved in choosing people who support her, by meeting people informally rather than interviewing them herself.
- ❖ To spend time with Lesley, who supports her, going out in her car and going horse riding with Mike, who supports her
- ❖ To spend time chatting with the people who support her
- ❖ To have things happen on time, in particular this means people arriving to pick Jane up to go out. Jane doesn't mind if people are a little late for meetings. To be supported by people who respect this.

About how Jane likes to spend her time out of the house

- ❖ To go out every day, whether in car or for a walk. If going out for a walk Jane likes to at least walk around the block. She enjoys going out for a short drive. To go out with mum/staff doing various activities, e.g. McDonalds, Knowsley Safari Park
- ❖ To work on the computers at the Willow day centre, on Tuesdays and Wednesday.
- ❖ To get the mini-bus to the Willow day centre. This arrives between 8.30-9.00am. Jane gets picked up first and enjoys sitting in

the front and enjoys driving around to collect the other people who attend.

And

- ❖ To wear her watch all the times, except when she is in the bath. Jane keeps it close by when she is in the bath
- ❖ To draw when she wants to.

THIRD IN IMPORTANCE

Jane enjoys or prefers

- ❖ Going out with Nicky who supports her on a Thursday, in the car.
- ❖ To have a dry hair cut at the local hairdressers every six weeks. Marie usually cuts it.
- ❖ Going to parties at the Willow day centre, usually with her Mum.
- ❖ To make her own cup of tea.
- ❖ To be at home when the other people that she lives with are out of the house. This is usually on a Thursday evening.
- ❖ Going out to eat. Jane especially enjoys going to the drive thru' at McDonalds and having chips, sweet and sour sauce and the bun off her burger. She likes to do this at least twice a week.

Jane Dislikes or prefers not

- ❖ To have disruptions to her routine or planned activities cancelled
- ❖ To hear sudden, loud noises such as doors banging or cars backfiring.
- ❖ To eat spicy food.

TO BE SUCCESSFUL IN SUPPORTING JANE

About Relationships

- ❖ Remember that it is very important to Jane that she knows that she is understood. Always repeat back to her what she has said and never pretend that you have caught something when you have not. If you are having difficulty, Jane will often rephrase things.

About time at home

- ❖ Jane enjoys watching her TV and listening to her radio. Jane requires assistance to tune this in and change channels on the TV. Jane likes to chew rubber and will chew the buttons on the remote control and therefore does not have one in order to avoid choking. Jane 's toothbrush is kept downstairs also for this reason, as she will also chew this. As Jane will chew rubber, people supporting her must ensure that she does not have any rubber, e.g. bathmats, elastic bands. If Jane asks for rubber, explain this. Jane understands and accepts this.
- ❖ Be aware that it is essential to Jane that she is up first in the house. If she has not woken naturally half an hour before the other people are due to get up, give her a call. Jane must go at her own pace, do not rush her she will come down when she is ready.
- ❖ Understand that it is essential to Jane that people who she shares with do not come into her space. At present she sits in the rear sitting room alone or with people who support her and only uses the kitchen if the other people who live in the house are

not in there. Support her by asking others to wait a little until Jane has finished in the kitchen.

About the people who support her

- ❖ Understand that Jane has a copy of the staff rota. If there are unavoidable changes to this or if meetings or activities are not going to take place, let Jane know the reason for this, as she becomes upset when arrangements are broken. Jane will be fine with this as long as she knows.
- ❖ Be punctual if you have arranged with Jane to meet at a certain time to visit or to go out to a planned activity as she becomes frustrated when people are late. If you are going to be late ring and let Jane know.
- ❖ Jane must have time on her own with the person supporting her. At present this means that she has 26 hours a week of individual support in addition to the regular support at home.
- ❖ It is very important to Jane that she is involved in any planning for her future. Always ensure that meetings take place at times which are convenient to Jane, although she may choose not to attend. Respect this, yet ensure that Jane is fully informed of any discussions that take place.
- ❖ Understand how important it is to Jane to know that she has done well and to be reassured of this. Do this when things are going well and understand when times are more difficult. Always let Jane know that you have forgiven her if she feels that she has upset you.

- ❖ Understand that Jane finds it difficult when the people who support her are together for meetings or handovers. Respect this and try to make sure that such times are kept to a minimum when Jane is around.

About how Jane likes to spend her time out of the house

- ❖ Be aware that Jane uses her wheelchair when she goes out in the car or when shopping. She gets in and out of it by herself. Jane prefers to walk out of the house into the street and then get into it. People who support Jane push the chair and make sure that the brakes are on when Jane stops. Jane doesn't take her wheelchair to the Willow or use it whilst at the horse riding centre.
- ❖ Be aware that Jane should take regular exercise, so that her joints, muscles do not stiffen. People who support Jane should encourage her to take short walks or walk around the supermarket when shopping and not to rely on her wheelchair.
- ❖ Jane loves to go out in her car and is able to get into the car without support. Jane does require some assistance when getting out of the car. It is easier for Jane if you park a little way into the road so that she is getting out onto the flat road. Jane will hold your hand or the door when stepping out.
- ❖ Jane goes to the Willow Day Centre on a Tuesday and Wednesday by mini-bus, which collects her between 8.30am-9.00am. Jane takes a packed lunch to the Centre and chooses this the night before. Jane will help to make this or supervise. Jane

takes 50p with her which the people supporting Jane will give her before she leaves. This is to buy cups of tea.

- ❖ Remember that Jane always goes horse riding on Mondays and Fridays. She is driven there in her car and when she arrives, Jane walks to the paddock from the car park. People supporting Jane wait in the cafe whilst she has her lesson and Caroline accompanies Jane to the café at the end. Jane has lunch out afterwards and will choose the café or Mc Donalds.
- ❖ Be aware that it is essential to Jane to have her own car and someone to drive it. All drivers must be 25 years and over. Jane has a mobility car which is renewed every three years and Jane requires someone to maintain and renew her car when requested by the garage. The car must have a boot big enough for her wheelchair. Jane should be able to park her car outside her home.
- ❖ Jane must go out each day, even just for a short walk. When Jane is walking, offer her your arm for support.

About food and drink

- ❖ Remember that Jane enjoys food shopping and is supported by staff to do so twice a week. Jane prefers to shop at Asda. She will decide whether to walk around or sit in her wheelchair and push the shopping trolley around.
- ❖ Jane makes her own cups of tea and toast and sandwiches but requires assistance in preparing meals and using sharp knives. If the other people are not around then Jane will eat in the kitchen otherwise she prefers to eat her meal by herself or with support staff in her sitting room

- ❖ Understand that Jane is very clear about which foods she will eat. Encourage her to try new and varied things but always respect her decision.

And

- ❖ Be aware that Jane finds it extremely upsetting when she is vomiting. This is sometimes caused because Jane overeats. She does not like to go to bed, but prefers to be made comfortable on the settee. Ensure that Jane has plenty to drink and check her temperature. Jane usually recovers quickly. If she has a temperature or/and additional symptoms she may need to see her GP.

COMMUNICATION

Situation	Jane does	We think it means	We should
At home at Green Road, usually in her bedroom	Packs her clothes into carrier bags and shouts	Jane wants to move	Go to Jane's room. Let Jane know that you know that she wants to move. Offer to talk things through with Jane. If Jane doesn't want to, respect this and leave her room. Try again after 10 minutes. You may have to do this several times
At home at Green Road usually in her bedroom	Packs her clothes into carrier bags, shouts, throws things, pulls furniture over	Jane wants to move and feels that people have not been listening to this	Be available to talk if Jane wants to. Don't go into her room unless Jane is at risk of injury. Jane will ask her Mum or someone supporting her to unpack.
In the kitchen, at home	Jane throws cutlery, cups, keys, bangs doors, tips her chair over, says, "I'm in a happy, good mood". Shouts happily.	Jane is happy	Say to Jane "It's good that you're in a good mood" and gently remind her to be careful. Encourage her to pick things up but don't make an issue of it.

COMMUNICATION (cont.)

Situation	Jane does	We think it means	We should
At home	Jane shouts at other people she lives with	<p>The person is doing something with someone that Jane likes.</p> <p>Other people are having a good time but Jane doesn't want to join in, this could be because Jane is unhappy yet others are happy</p> <p>Jane is remembering things that are from the past which are upsetting her</p>	<p>Ask her if she wants to talk, she usually will not. Just sit with Jane and have a cup of tea with her.</p>
At home	Jane spits, kicks, bites, pulls hair of people who support her and the other people she lives with for no obvious reason. This happens without warning	Jane is angry	<p>Ensure that the other people are safe by encouraging them to move out of the room. If Jane starts to throw things ensure that she is safe and leave her to calm down.</p>

COMMUNICATION (Contd)

Situation	Jane does	We think it means	We should
	Animated physical movements, moves arm in to her side and nods	Jane is becoming agitated	Ask Jane what is upsetting her and try to help her to calm down
	Constantly asks if she has been good	Jane would like to be reassured that things are going well or know that she is forgiven if she feels that she has upset someone.	Offer her reassurance, you may have to do this ,more than once.

UNRESOLVED ISSUES

- ❖ Jane has bouts of vomiting. Her sister, Nicola, has the same symptoms and has migraine. Could Jane also have migraine?
- ❖ Jane has talked about Jean, her friend at the Willow Day Centre. Would Jane like to see Jean at other times?