



ANNA'S PLAN WITH CARE STORY

Anna, aged 93, is currently living at East View Care Home. Anna has lived in several counties and travel is her main passion. She has a keen mind for learning and with a career as a medical secretary, prides herself on being sensible and analytical. Sadly, Anna's physical health severely limits her ability to be independent, and there are signs of cognitive decline.

Before Anna signed up to her wellbeing membership, she had no visitors and clearly expressed that she felt lonely, bored and trapped in the care home. Aside from mealtimes Anna spent her days in her bedroom and craved "proper conversation" and to regain a sense of activity by getting out and about into the local countryside.

NOVEMBER 2018

Anna's initial report highlighted some personal goals which included her getting "out and about" and continuing her favourite past-time of travel. It was also important for her to feel stimulated while in her bedroom, and regularly engage in meaningful conversation so that she feels heard and fulfilled. It was also crucial for Anna to live as pain-free as possible given her physical health.

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Anna is getting regular visits from her two volunteers in the care home, one of which brings her dog which causes much delight! Despite Anna's dementia, she remembers her volunteers and talks of looking forward to their next visits. She now has several dementia-specialist resources including nature and travel-related books and music player, along with a hearing device, to support a range of conversation topics.

It is hoped that this continual social and cognitive stimulation of this kind will begin to have an impact on Anna's overall mental health. GP reviews of Anna's pain management have resulted in Anna reporting that she suffers from pain much less frequently, and her Care & Wellbeing Consultant is working closely with Anna's care home team to towards achieving Anna's goal of getting out of the home for an outing to the sea this summer

