

Gaddum

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Supporting those who support others Cecil's Story-Adult Carer

Cecil was referred to Gaddum by his GP, as he was supporting his dad, who he had recently moved in with to care for his daily needs. Cecil had been signed off sick from work due to the increased stresses of his caring role. One of our Carers Support Workers supported Cecil to get a care package for his dad and help him return to work.

There was no other help involved in Cecil's dad's care, Cecil was supporting his Dad with personal care, meal preparation, organising medication, maintenance of the home, and attending medical and any other appointments all by himself. Discussions were held with Cecil of the options available, and we agreed a referral to adult social care would be beneficial to them both. An assessment was completed and a care package was arranged. Cecil's individual needs and responsibilities were considered so that an individual support plan could be put in place. Cecil wanted to return to work, he identified that assistance with nutrition and hydration for his dad during daytime hours would be needed for this to happen. Gaddum advocated for Cecil for these requirements when creating his dad's care package, which were agreed to.

A Carers Assessment was completed, which identified Cecil's entitlement under the Care Act for support and access to a Carers Personal Budget. Cecil choice to use the fund to purchase a small garden dining set so that he could take time out in the garden. This also meant that when his girlfriend and grandson visited they could sit outside, as visitors inside the house often distressed Cecil's dad.

Cecil was empowered by Gaddum to speak to his employer, and a return to work plan was set in place. along with adjustments to the tailored package of support to fit around Cecil's work schedule. Cecil is feeling very positive about being back at work and feels things are gradually getting back to some form of work life balance.