

Gaddum

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Supporting those who support others

James's Story-Adult Carer

When Gaddum began working with James, he was supporting his wife Rebecca who had a recent diagnosis of dementia, he was referred to the Salford Carers service after Rebecca was admitted to hospital with a minor heart attack. A Carer's Support Worker supported James to discuss suitable discharge options for Rebecca.

This Story is Told Through James Carers Support Worker -on behalf of James

James was struggling with his caring role, having not had a break for a long time. We discussed the benefits of a bed for Rebecca at a care home, which would give her a chance for rehabilitation and a mobility assessment. James agreed they wanted to try this for the 6-week assessment period. I used this time to get to know James and understand the things he struggled with around the home and if anything could be done to better support them both.

On discharge, I liaised with James and Rebecca's newly allocated social worker, we had meetings to discuss how best to care for Rebecca. To fit around their daily routine, we organised that a morning and bed time care call would be implemented to suit their routine. This reduce the stress on James as Rebecca would often get distressed or confused if the routine changed.

I received a call from James's aunty who was concerned about James's wellbeing, **James was feeling stress and drained as Rebecca's dementia deteriorated. There was a concern James could have a carer breakdown with little time for himself as Rebecca's care needs increased.** I met with James and Rebecca's social worker to discuss what we could do to reduce his worries. James expressed that he was exhausted as Rebecca's illness meant she was struggling to walk or use the stairs unaided by James.

Together we arranged respite, as an opportunity for Rebecca's needs to be reassessed and James to have a break. During this time Rebecca was given independence by being shown and supported to use a Zimmer frame, this would allowed her to move around safely independent of James. Rebecca's illness continued to deteriorate in other areas, myself, James and Rebecca's social worker made plans around preparing for her return to home. Downstairs living arrangement have been made and care calls at breakfast and tea time to support Rebecca's personal care.

Rebecca was discharged home during the lockdown of Coronavirus so Gaddum have kept in touch regularly over the phone. Extra support has been provided and James now feels better able to manage Rebecca's care needs, and Gaddum continue to support James and Rebecca.