

Living Well Plan by Felicity Topknott



This document has been produced to help those involved in making decisions about my care in the future to understand my wishes, needs and preferences. May 2016.

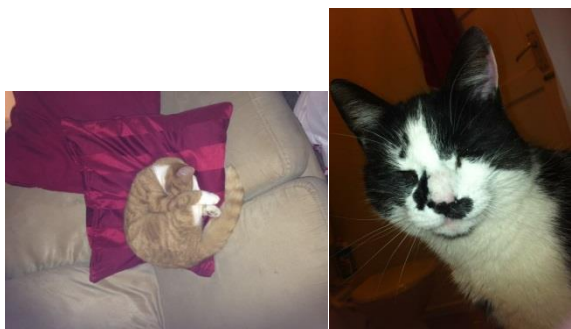


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This is what is important to me now

I live with my cats Treacle and Mushroom.



I have a son called Tom and a daughter called Milly who live nearby. My grandson Tim goes to college nearby and visits me every Tuesday. He brings my shopping every week and sometimes takes me to bingo. I like his girlfriend Jane and she does my hair for me every Saturday.

My best friend Ellie lives 3 doors down on the left. We have known each other since school. She has arthritis now so we can't see each other every day and this makes me sad.

My husband Bill died 3 years ago – I like to visit his grave with flowers at least once a week. Sometimes I forget he has died and I expect him to come home from work and want his tea, or come in from the allotment with vegetables for me to peel. When I realise that he isn't here any more I often feel upset and anxious. I comfort myself by cuddling up to his old scarf and looking at photos or our life together.



This is Bill's allotment. A young couple have now taken it on and keep it looking neat and tidy. They even bring me produce when they have enough. I feel pleased as I know Bill would be happy to see it well looked after.

I like to watch quiz shows on the TV, but I don't like Soaps! I enjoy sitting in the garden and watching the birds in the trees. I don't like listening to music as it often makes me feel sad – I prefer Radio 4.



I want to live in my own home with my family supporting me for as long as possible. When I can no longer manage I would like to live somewhere with a garden. It is important to me to remain in the Trowbridge area as I have lived here all my life.

I enjoy having time by myself each day and sometimes find noise and bustle stressful.

I have been the chair of the local harvest festival committee for over 40 years. I love to do this as I can stay in touch with all my friends at the regular meetings and hear all the gossip.

FICTIONAL SAMPLE



This is what a good day looks like to me

I like to get up early – I sleep with the curtains open so the sunrise wakes me up. If it is raining I might snuggle back under the covers and sleep some more, but if the sun is shining I like to have my cup of tea in the garden.

After breakfast my friend Ellie will come to visit me and we will pop to the shops and I may buy some flowers to put on Bills grave. I feel close to Bill when I do this.

Ellie and I will then go to the pub for lunch and a catch up with others from the village. I like to have a sherry on special occasions.

I usually have a nap after lunch and then afterwards I like to sit in the garden if it is dry or watch TV if it is raining or too cold.

Tim will come and visit me and he shows me what work he has been doing – he is learning computer programming and is trying to teach me how to use the iPad. I like the apps which let me see people and talk to them. Tim will help me use these apps to ring his mum and dad if they are in.

I like cooking myself a nice tea but sometimes I invite Ellie and then we have fish and chips from the take-away. Later in the evening we go either to bingo or to a committee meeting together.

I usually have a bath about 9pm and am in bed by 10pm with the news on the radio.



This is what I wish for my future

In the future I would like to always have access to an outside space to sit in with trees and the birds. I would like to stay close to Tom and Milly so they can help me with decisions that I need to make. I trust Tom to help me with my money and deciding what to do with my home if I can't live in it any more. I have named him as my lasting power of attorney. I would like Milly to be the one that helps me with things that are personal to my health – she will always come with me to hospital visits or help me explain things to my Dr if I feel flustered. I would like Jane to keep doing my hair if possible as I like hearing her stories – she is so alive! I would like Tim to keep helping me to use the iPad so I can speak with my friends even when we can't be in the same place. I hope Tim may teach Ellie too, because it is very important to me to see or speak with Ellie every day.



These are my daily routines and preferences

I like to get up early and spend lots of time outside

It's important to me to keep in contact with people so I don't feel alone

I like to keep up to date with the news in my community as well as the world

I spend time either remembering Bill or looking after his grave – I need to feel close to him even though this sometimes makes me feel sad

I have a medication system which the local chemist keeps filled up and I take my medication at mealtimes. Milly picks up the new boxes when I need them.

I like to cook and don't like fancy processed foods. I usually make a breakfast with eggs and toast. I prefer to eat my cooked meal at lunchtime unless I am eating with Ellie or one of the family. I have a light tea and a hot chocolate before I have my bath at 9pm. I don't like to have a shower as it feels too rushed.

I like to sleep with my curtains open so I can wake up naturally with the sunrise and I like the window open to get some fresh air. I like a duvet rather than sheets and blankets as I sometimes get too hot at night.

I am trying to learn how to do my shopping online as I can't manage the bags on a daily basis any more. The supermarket delivers the same groceries each week which makes things easier for me to decide what to cook.

I have been using the dial-a-bus service recently and this has meant I have been able to feel happy to visit the nurse rather than her visit me. I also use the bus to get to Bills grave and my committee meetings, so this is really important to me. The driver always makes sure I get into my house before he drives away.



This is my past

I went to school with Ellie at the village school and have kept in contact with most of the friends I made there throughout my lifetime. I still see them at committee meetings and bingo. Ellie and I sometimes meet them for lunch at the pub.

I met my husband Bill at the local dance – he came from Midsomer Norton. He was a farm worker and was very handsome and a great dancer. It was love at first sight!

We got married in the local church and had our twins Tom and Milly within a year. Bill moved to work for a farmer in Trowbridge so we could live close to my mum who helped me with the children.

Ellie married her Frank 2 years after we married and we have lived close by ever since. Ellie couldn't have children so she always enjoyed helping with the twins and is their Godmother. Ellie's Frank died in a car crash when he was only 43 and she has lived by herself ever since, I've always looked out for her too.

When the twins were at big school I got a job in the local post office – I enjoyed seeing everyone from the village and this is how I became involved in the harvest festival committee. I stopped working here when Tom's wife had Tim so I could help out and she could go back to work.

Bill's pension from the farm included an option to buy the farm cottage which we took up. I never thought I would own my own house – imagine that! Tom works for the building society so he helped us with the paperwork to buy the cottage with our savings.

Milly never had children because she concentrated on her career as a teacher. She now only does filling in teaching and some private lessons. Her husband Mike is due to retire soon and they are looking to going on some cruises.



This is my view on advanced decisions or living wills

Tom has helped me to realise I need to have a will and this is with Hubert & Clark Solicitors in town. I also spoke with my Dr and explained that I do not believe in people being resuscitated and so I have signed a Do Not Resuscitate order which he has put on my medical records at Dr Bengy's surgery in town.

FICTIONAL SAMPLE



These are my end of life wishes

I want to be buried next to Bill in the churchyard. The vicar has said I will be able to share the plot.

I would rather die at home than in hospital but I do not want to be a burden to my family and I hope my end may be quick.

I think I may die like my mum after a period of time living with dementia. I would like my family with me if at all possible even if I don't recognise them. I am sure my mum knew I was there, really somehow, even though she didn't show she recognised me, because she was less fidgety when I was around.

FICTIONAL SAMPLE



How I feel about my health

I have been told I have dementia. I am not surprised, because of what happened with my mum. I know that I will get forgetful and that I might not be able to care for myself as I have done so far. This is upsetting but I have been making, with the family and my friends, a memory book and I feel less anxious now I have been able to make this plan with Jenny from Swan Advocacy. I would have found it so much easier if I had know what mum wanted rather than having to hope I guessed right. I hope my doing this will make it easier for Tom, Milly and Tim. Jenny will visit me all the way through to help me keep my plan up to date and to help my family understand my plan.

I am not allergic to anything but do come out in a rash if I eat too many strawberries.

I get a bit sick if I take ibuprofen, I prefer paracetamol.



Travelling Well....an extract from my plan

Felicity Topknott

Address: 2 Fairweather Farm Cottis, Trowbridge, BA12 3GH

DOB: 27/7/37

Medication – Lloyds pharmacy, Trowbridge

GP/Nurse: Dr Bengy

Cats & home commitments: 2 cats

Preferred daily living routines: I like to be outside as much as possible. I like to talk about Bill who I miss very much and like to visit his grave. I love my 2 cats, Treacle and Mushroom. I am happy to eat most things – I'm not a fussy eater but I don't like new fangled processed food.

NOK: Tom Topknott (son) 07756 234566



Phrases and expressions

Bill always called me by my nickname which is Flick and I always sign cards with this name

Job's a good'un – means that's enough and the task is complete as far as I'm concerned

FICTIONAL SAMPLE



What would I like to happen in an emergency?

In an emergency I would like Tom and Milly to be contacted and I would like them to break any bad news to Ellie.

If Tom and Milly are away I would like Tim to help me or be told first if there is bad news.

If I have a problem with my house Tom will find it easiest to sort this out.

If it is to do with my personal needs or my health, Milly or Ellie will best help.

If I had to leave the house because of a problem like a burst water pipe I would prefer to go and stay with Ellie so I am close by to make sure things are sorted out in the fixing of it.

FICTIONAL SAMPLE



Important legal information

Deeds held at: Rubble&Crush Solicitors, Trowbridge

Will held at: Rubble&Crush Solicitors, Trowbridge

Living will registered with: Dr Bengy

Funeral plan held with: Co-operative Funeral Service

Life insurance: NONE

Pension: I collect my pension from the post office on a Wednesday – the book is in my cutlery drawer in the kitchen

Bank: Barclays Bank, Trowbridge

Electric – EDF energy

Water – Wessex Water

Gas – British Gas

Phone – BT



Final page

This is a record of my wishes and preferences that need to be understood and considered if any decisions are being made on my behalf.

I give permission for Swan Advocacy to present this information to those who are making decisions about my life when I am unable to do so myself.

I agree that this information can be shared with health and social care workers.

This plan was written with the support of Jenny Wren

We have agreed that we will review this document every six months, or a date no more than 12 months since completing the living well Plan

Signed bydate.....

Signed bydate.....

Their contact details are livingwell@swanadvocacy.org.uk 01722 341851