

Living Well Plan by Harriet Black



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.



<u>Index</u>	<u>Page</u>
This is what is important to me now	1
This is what a good day looks like to me	3
This is what I wish for my future	4
These are my daily routines and preferences	5
This is my past	6
This is my view on advanced decisions or living wills	7
These are my end of life wishes	8
How I feel about my health	9
Travelling Well....an extract from my plan	10
Phrases and expressions	11
What would I like to happen in an emergency	12
Important legal information	13
Final page	14



This is what is important to me now

I live with my husband, Richard who is a secondary school teacher. We have 2 children, Poppy who is 8 and Josh who is 12. I work as a freelance graphic designer and am based at home which allows me to be around for the children when they need me – this is so important to me so I choose to work part time. We have a Yellow lab called Biscuit who keeps me company when I'm at my desk and the family are out at school and work. I love our walks in the morning and I always feel calm afterwards.



This is Poppy – I like this photo as she looks a bit cheeky 😊



This is Josh when he was toddler – he always had this hat on and I have kept it even though it doesn't fit him now is triggers great memories for me.

My parents live in Cheshire and we try to see each other during the school holidays when Richard is not at work. The children love spending time with their grandparents and I enjoy spending time in the place I grew up.

I go to a weekly yoga class in Salisbury and this helps keep me sane in my hectic family life. If I don't make time daily for yoga and meditation I start to feel stressed and don't cope as well with the children. It is important to me that I maintain this hour or so each day that's just for me.

It is important to me to maintain my family life for as long as I can and I have talked this through at length with Richard. We both agree on the plans for Poppy and Josh's education so I feel happy that he will facilitate that if and when I am not able to. I am writing a blog everyday which I have been doing for the past 5 years – now I have my diagnosis of



dementia this is even more important as I would like to think that my written stuff will be something my children read when they are older – I'd love them to 'get to know me' and the things I value through my writing. My blog is at www.YogaMumOfTwo.com. There are loads of photos and recipes there and will keep writing for as long as I can 😊



This is Biscuit playing in the snow



This is what a good day looks like to me

I love fresh air and always sleep with the window open, even in the winter which sometimes irritates Richard! I usually set my alarm for 6.30 so I can have a quiet ½ hour before everyone else gets up. I love to have a shower and wash my hair first thing – this sets me up for the day.

I enjoy cooking breakfast for Richard and the children and we usually all have porridge. Poppy and Josh clear up from breakfast and then head off to school with Richard. I love eating breakfast together and chatting about our plans for the day. Once they have gone I like to go out for a walk with Biscuit – even if it is raining I enjoy this.

I work best in the mornings so like to be at my desk by about 9.30am so I can finish by 1pm and have some peaceful time before Poppy and Josh get home. This is a good time for meditation and yoga.

During the day I drink lots of tea and have a salad for lunch, and then we eat a meal together as a family in the evening. I enjoy experimenting with new recipes and Richard and I both love a glass of red wine.

Once the children are in bed Richard and I spend time together watching films or chatting – although he does have to do a lot of marking in the evenings so if he is busy I enjoy doing some drawing or write my blog.

I love my sleep and like to be in bed with a book by 10pm.



This is what I wish for my future

I would like to stay in our family home for as long as Richard feels he can cope, but I do not want him to feel obligated to care for me. I know that he loves me and the children very much and he does not need to prove this to be in any way. I want him to continue to do things for himself and to enjoy time with our children.

I have started putting some plans in place with friends to support me with things like still going to yoga if and when I am no longer able to drive myself. I hope to carry on walking with walking Biscuit as I love this so much!

It is important to me that I continue to 'look like me' even when I may not have the capacity to do this myself. My clothes and jewellery are an important part of my identity so I would like those who are caring for me to support me with this.

If I need to move to residential care I would like to always have access to an outdoor space to sit. I trust Richard to choose a place that he knows I will feel comfortable in.

Richard knows about my finances and I would like to him to have lasting power of attorney. My parents have agreed to take care of Poppy and Josh should Richard need to be away from them. My friend Lin has agreed to take parental responsibility for them in the event that Richard is no longer able to.



These are my daily routines and preferences

I like to get up early and spend time alone before the children need me.

I enjoy lots of time outside so my morning dog walk is important.

It's important to me to keep in contact with people and I love using social media.

I like to keep up to date with world news and politics and enjoy debating and discussing my views with others – especially Richard as we don't agree on everything so there is always good debate!

I love being a mum to Poppy and Josh and it is important to me that they have routine and stability so that they feel safe and secure in the family to help their self esteem and confidence.

It is important to me to eat a healthy diet and keep as healthy as possible with walks, yoga and meditation.

I enjoy porridge in the mornings, a light salad at lunchtime and a cooked meal in the evening with Richard, Poppy and Josh. I enjoy red wine in the evening and drink lots of tea during the day.

I like to sleep with the window open whatever the weather. I like a duvet with cotton covers and cotton pyjamas.

I have my groceries delivered each week and use the local farm shop for fresh meat and fish. We have wine delivered each month which Richard organises.

I like driving my soft top car but usually use the bus if I need to go into town as parking is so expensive and difficult to find.



This is my past

I went to school in Cheshire, where my parents still live. I met Richard at university in Wiltshire when we were both 21. He got a job as a teacher in Wiltshire so we settled there when we graduated. I worked in London a lot and enjoyed commuting by train twice a week. I stopped working when we had our children a few years later. We got married shortly after Poppy. We had a ceremony in Cyprus – we had an amazing holiday afterwards and I love looking back at the photo album which we keep on the bookshelf in the lounge.

When the children were both at school I started my own graphic design business and have enjoyed the flexibility of being self employed and working from home.

We bought our house outright with money inherited from Richard's parents – they were sadly killed when Richard was 12 and the money was held until he was 25.



I love this photo we took in Cyprus after our wedding. The weather was like this the whole time we were there – I so love the colours and have this photo in a frame on my desk.



This is my view on advanced decisions or living wills

I have a Will which is held at by Wright & Wrong Solicitors in Melksham

I have registered a Do Not Resuscitate order with my GP at Melor Surgery

I do not want Richard, Poppy or Josh to feel obligation to keep me alive via machine/tube feeding and want them to be able to make guilt free decisions about letting me go when the time is right

FICTIONAL SAMPLE



These are my end of life wishes

I would like to be cremated after a non-religious celebration of my life

I would rather die at home than in hospital if this is possible but again do not want this to add any stress to my family at this time. I would very much like Richard, Poppy and Josh to be with me when I die if they feel this is something they would like to do

FICTIONAL SAMPLE



How I feel about my health

I have had a diagnosis of dementia which has come as a huge shock to me – I feel that it will cheat me out of seeing my children as adults so I do feel angry and upset - this is not fair on me or my family.

I am not aware that I have any allergies.

I use complimentary therapies alongside treatment from my GP.

FICTIONAL SAMPLE



Travelling Well....an extract from my plan

Harriet Black

Address: The Willows, Bridge Street, SP7 8XV

DOB: 06/12/71

Medication – none as of May 2016

GP/Nurse: Dr Bridges, Melor Surgery

Pet & home commitments: Biscuit (Dog), Poppy and Josh (Children) and Richard (Husband)

My family, my dog and my yoga are all really important to me. I love to eat healthily and don't eat much meat any more.

NOK: Richard Black 07757 777776



Phrases and expressions

The kids call me Mum and Richard calls me Harry

My nickname when I was young was Sprinter (speedy at cross country running)

I do speak quite a lot of French but cannot read or write it very well

FICTIONAL SAMPLE



What would I like to happen in an emergency?

In an emergency I would like Richard to make arrangements and decisions and to contact my parents if there is news or information they might need.

I would like Richard to make arrangements for the children to be looked after and he knows he can contact Lin for support with that.

Richard has access to my money and knows where to find my electronic passwords.

Lin would help me with any of my personal needs that Richard feels unable to deal with.

FICTIONAL SAMPLE



Important legal information

Deeds held at: Richard has access to these

Will held at: Wright & Wrong Solicitor

Living will registered with: Wright & Wrong Solicitor

Funeral plan held with: Co-operative Funeral Care

Life insurance: documents in the safe at home

Pension: documents in the safe at home

Bank: Online account with First direct – Richard knows where these details are and how to access the account

Richard has access to everything needed to run our home



Final page

This is a record of my wishes and my preferences which 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