

Living Well Plan by Jack Prince



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

My name is Jack and I live with my friends Rachel and Brian in a house in town. I am 65 years old and I have autism and Down's syndrome. We have a support worker who helps to do some of the things in the house like washing and ironing. We have 2 different support workers called Dan and Rob and one of them is there all day and night in case we need anything. This makes me feel safe and happy because recently I have been feeling different and getting more confused.

My parents have both died so my brother Daniel is very important to me. He lives near to our house and I see him at the weekends when he isn't working as a policeman. We enjoy going to the football and I enjoy having a beer afterwards if our team wins! Daniel is stopping work next month and is looking forward to going on my holidays and he said he will take me on a cruise in August so I am very excited about that as I have not been on a boat before.

I like watching films and I have a big collection of DVD's. I like films with animals in.

My friends and I use Makaton signing. When I am flustered and confused this makes it easier for me and also I can write stories on my computer to tell people what I am thinking or feeling or what I would like to do.



This is what a good day looks like to me

8.00am Breakfast. I like cereals and a cup of black coffee



10.00m I like to go out for a walk and to the shop to buy a magazine



12.30 I have lunch with my friends



In the afternoon I enjoy swimming



5.30pm I have tea



In the evening watch a film in my room on the computer



I go to bed at 10.00pm





This is what I wish for my future

I would like to stay living with my friends but my doctor has told me that I have dementia so I might need to move somewhere where they can help me more. I have visited Hedgerow Copse which is a nice place where I can still have my own room and take all of my dvd's and my computer with me.

FICTIONAL SAMPLE



These are my daily routines and preferences

I like to shower every morning



I like to drink tea with milk



My favourite meal is pasta with meatballs which I can cook myself



I like to watch films with animals in



I love wearing my football shirt





This is my past

I lived with my mum and dad when I was a child. They had a big house with a garden to play in. I miss them a lot and sometimes feel upset that they have died.



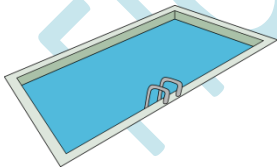
I went to school on the bus. I still like going on the bus.



I used to play football



I learnt to swim when I was 7



I had dog called Spot





This is my view on advanced decisions or living wills

My brother has talked to me about what may happen and I do not want to go to hospital but I understand that I might need to. He will decide what is the best thing to do.

FICTIONAL SAMPLE



These are my end of life wishes

I would like to be buried in the same place as mum and dad.

I would like to stay in my own room to die if I can. I would like my brother to be with me.

FICTIONAL SAMPLE



How I feel about my health

I have Down's syndrome and I am autistic. Recently I was getting confused and my doctor says I have dementia. I don't really understand what that is but my brother explained that I may get more confused and I am worried about this. I am happy that I have my brother to help me,

FICTIONAL SAMPLE



Travelling Well....an extract from my plan

Jack Prince

Address: 17 Peaches Road, TA2 7XR

DOB: 15/8/57

Medication – my tablets are delivered to my house and my support worker makes sure I take them at the right time

GP/Nurse: Dr J Range

Home commitments: I live with my friends

Preferred daily living routines: I like to have my main meal in the evening. My favourite is Pasta with meatballs. I like to watch films with animals in and I like going out to buy magazines.

NOK: Daniel Prince (brother) 07734 923876



Phrases and expressions

I use Makaton signing with one of my friends and I understand lots of the signs.

FICTIONAL SAMPLE



What would I like to happen in an emergency?

In an emergency my support worker will help me and I would like my brother to come and help me as well if he can.

I am scared to go in an ambulance because of the loud noise of the siren so I hope this doesn't have to happen.

If I had to go and stay with my brother for a while that would be fine as I have a nice room there that I sleep in sometimes.

FICTIONAL SAMPLE



Important legal information

Deeds held at: NONE

Will held at: My brother has helped me write down what I want to happen with my money and my things. He has this in the safe at this house.

Living will registered with: NONE

Funeral plan held with: Co-operative Funeral Service

Life insurance: NONE

Pension: I have DLA each month which is paid into my bank account

Bank: Barclays Bank



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