

## Living Well Plan by Roger Ashford

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**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 in a bungalow on my own. I enjoy that there is a community centre nearby with lots of activities and clubs.



I love playing cards and often meet up with Frank for a game. He usually wins but I don't mind – it's great to see him. I have known him for 3 years since I moved here but it feels like I have known him forever!

My daughter, Rachel lives in Ilminster with her husband Jim and my grandson Jack. Rachel works as a surgeon in Taunton and Jim is currently a stay at home dad to Jack who is only 2. They come over most weekday mornings to see me and I love playing Duplo with Jack on my dining table. I love this time together and Jack is always so patient with me when I am having a bad day. He is growing up so fast!



Jack made these models last week.

Vera, my wife, died 4 years ago from cancer – we had been together for 50 years so this left a big hole in my life – when I am spending time on my own I usually think about Vera and all



the lovely times we had together. I enjoy looking at photo's from our wedding and from our holidays together. She was a great mum to Rachel and I miss her every single day.



This is my favourite photo of Vera on our wedding day – she looked so beautiful.

I love listening to music on the radio but don't like TV much unless it is the news or football!

I'd like to stay in the bungalow for as long as possible but do know I may need to have more care in the future – I like The Meadow View Care home so would be pleased if there was space there if and when I need it. It's important to me that I stay close to Rachel, Jim and Jack as they really help me enjoy life.

I really treasure my coins and stamps that I have collected and enjoy looking through the albums and boxes with Jim...I'm not sure he finds them so interesting but it is nice to spend time with him having a beer and I tell him stories from when I was his age and also stories about Rachel when she was little – we always laugh lots which is lovely.



## This is what a good day looks like to me

I usually wake up around 7am although I never set an alarm – my body clock must be very regular! I always have a cup of tea in bed and listen to the radio then have a bath and get dressed. I like to look smart and always wear a shirt and tie even if I'm staying indoors – Vera always commented that I looked handsome in a blue shirt so I remember this when I look in the mirror.

I like a cooked breakfast which I usually do myself although sometimes Jim and Jack come round and we do it together.

Around 11am I meet up with Frank and we either go to the community centre to play cards or we go to the local pub for a beer and peanuts. If we do this we sometimes meet up with Bill who also lives nearby. He always has a funny story to tell us so I like it when he can come too.

On the days that Jim and Jack come around I don't see Frank until the evening or maybe not at all that day as he goes to his sisters for tea sometimes.

I'm not usually very hungry at lunchtime but I do enjoy a boiled egg with toast before a snooze on the sofa.

I like cooking myself a nice tea but sometimes I have fish and chips from the take-away. Especially if I'm going out to see Frank then there isn't too much washing up to do.

I like to shower in the evening before I go to bed with the news on the radio.



## This is what I wish for my future

If and when I can't stay in the bungalow on my own I would like to live at the Meadow View Care Home as it is close by and I would like Jim and Jack to still be able to come and visit me in the mornings. I've also heard they have good food there so that will make me happy!

I have spoken with Rachel about my finances and she has lasting power of attorney. She knows what I want to happen with special things like my stamps and coins.

FICTIONAL SAMPLE



## These are my daily routines and preferences

I like to have a cup of tea in bed in the morning – usually around 7am.

I like to speak with Frank on the phone if we aren't going to see each other so we always check in with each other to say we have made it through the night!

I don't like watching TV but love music of any sort

Every day I spend some time thinking about Vera and sometime I put on a particular song which reminds me of a happy memory.

I have only just started taking medication this past 6 months so I have set reminder on my phone to take them each lunchtime otherwise I completely forget.

I like to cook but do enjoy fish and chips at least once a week. I usually have mushy peas too.

I like to sleep with sheets and blankets – I did buy a duvet when I moved to the bungalow but couldn't ever get it to stay on the bed so I gave it to my neighbour for her dog to sleep on.

I enjoy shopping in the village shop even though it is a bit more expensive – they are always so helpful and if I need anything specific they can order it for me to arrive the next day. I like Mr Chin who owns the shop. I don't like the big supermarket even though everyone seems to go there – it is too bright and too noisy and I can never find what I'm looking for.

Everything I need is nearby but I do have a bus pass and sometimes go to the flower market in town on a Tuesday to get flowers – Vera loved orange so I chose some she would love to have in the vase on the mantelpiece.



## This is my past

I have lived in this village for all my life and the house I was brought up in is still standing although there is a plan to knock it down and build a new community centre – this makes me feel a bit sad as my mum and dad loved that house and so did I.

I left school at age 14 and worked as a carpenter all my adult life. I got to meet lots a people in my work and have been inside most of the houses in the village at some point or another.

Vera and I had a happy like together and enjoyed travelling to Scotland by train for our holidays.

FICTIONAL SAMPLE





## This is my view on advanced decisions or living wills

I have a will which is in a shoe box under my bed – Rachel keeps telling me it should be at the solicitors but I don't really see the point. Everything I own will be Rachel's anyway so it doesn't seem important to me.

I don't worry about dying so I haven't made any plan as I believe the Dr's will know what to do at the time. I'd like it not to hurt though!

FICTIONAL SAMPLE



## These are my end of life wishes

I want to be buried with my Vera and the vicar has a letter telling him about my funeral plan. I have already paid the funeral director so this won't be a problem for Rachel.

I would like to die in hospital. It feels like the right place to be and they will have everything I need.

FICTIONAL SAMPLE



## How I feel about my health

Since my Dr told me I have dementia I have been getting ill quite a lot with coughs and colds – Rachel says this is because I have been worrying about the dementia getting worse. I think she is right. I am worried.

I have been healthy all my life and now I'm not I can't stop thinking about how things were when Vera was ill.

FICTIONAL SAMPLE



## Travelling Well....an extract from my plan

Roger Ashford

Address: 23 Cress Court, BA7 8SS

DOB: 3/5/47

Medication – Lloyds pharmacy

GP/Nurse: Dr Truth

I like to be self sufficient and will happily spend time on my own however it is really important to see my friends', especially Frank and we like to play cards. I don't mind if I don't win.

My daughter Rachel lives in Ilminster, her husband is called Jim and they have a boy, my grandson, called Jack who I love playing Duplo with.

My favourite meal is Fish and Chips.

NOK: Rachel Brick 07789 678926



## Phrases and expressions

Frank and I have a lot of jokes between us which no one else knows about. We think we are the funniest when we are cracking jokes at the community centre groups.

FICTIONAL SAMPLE



## What would I like to happen in an emergency?

In an emergency I would like Rachel to help me decide what to do. She knows me well and I trust her.

FICTIONAL SAMPLE



## Important legal information

Deeds held at: none

Will held at: in a box under my bed

Living will registered with: none

Funeral plan held with: co-operative funeral care – all paid in full

Life insurance: details in the box under my bed

Pension: documents in the box under my bed

Bank: Nat West

Electric – EDF energy

Water – Wessex Water

Gas – British Gas

Phone – BT



## Final page

This is a record of my wishes and the 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 by .....date.....

Signed by .....date.....

Their contact details are [livingwell@swanadvocacy.org.uk](mailto:livingwell@swanadvocacy.org.uk) 01722 341851