



# Living Independently at Home

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# Today I'm going to talk about

- The real life experience of a person living with Dementia, successes and challenges to stay at home independently.
- Practical examples on how to support individuals to live at home longer.
- Advice and guidance to promote choice and dignity.

# Home Instead Eastbourne



- Opened 2015
- Support older people to **live independently** in their own homes.
- Our care is **personalised, adaptable, relationship led, high quality** care
- Rated as **Outstanding** by the Care Quality Commission in 2017
- Provide over **2,500** hours of care a month
- Over **50%** of our clients either live with Alzheimer's disease or some form of Dementia

# Director Of Care Registered Manager

- Ensuring compliance with all legislative and regulatory requirements
- Ensuring our CAREGivers are trained / supported to be able to provide exceptional care to our clients
- Management of clients care throughout their journey
- Person centered care planning / risk assessments





# Meet Keith

73 year's young gentleman

Diagnosed with Dementia 2015 -  
Impaired short-term memory

Successful Salesman

Loves dancing and listening to  
jazz music

Enjoys going to the pub for a beer



# Case Study: Keith

- Referral from STEPS 2015 (local authority)
- Socially isolated, no family nearby (sister not local)
- Poor health;
  - Ulcerated legs
  - Recurring cellulitis both legs
  - Not taking his medication
  - Malnourished

# Case Study: Keith

- Found it difficult carrying out simple tasks;
  - Attending hospital/ GP appointments
  - Unable to look after his health needs / medication
  - Management of his finances
  - Unable to look after his personal hygiene needs
  - Home was neglected
  - Unable to carry out food shopping

# How did we know what Keith wanted?

- Initial Consultation
  - Care planning/ risk assessments
  - 'This is Me' document (RCN) with Keith
- Ongoing Support
  - Regular feedback from his team of CAREGivers who know him well
  - Home visits to review his Care needs; Planned and also in response to his needs



# What did Keith want to achieve?

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“I don’t want anyone making decisions for me”

“I’m not going into a care home, I’m not old. I’m staying here!”

“I miss going to the Jazz Café, can anyone take me? I’d love to go and have a dance”

# Challenges we faced supporting Keith to live independently

- Keith's initial reluctance to have support
- Sister's lack of understanding of Keith's needs and of dementia itself
- Supporting Keith with his diet/ food shopping
- Difficulties with MDT communicating with Home Instead
- Paternalistic attitudes and services trying to render Keith passive

# How do we support Keith?

- Same team of CAREGivers – relationship led care
- Carefully matched by skills and interests (Home Instead City & Guilds Accredited Course in Dementia)
- Support with hospital / GP appointments
- Keith has time to complete tasks by having longer visits

# How do we support Keith?

- Encourage and prompt Keith to do as much for himself as possible. Tasks broken down to make more simple;
  - Preparing breakfast in the mornings
  - Personal care and getting dressed
  - Working with his team to do his laundry and change bed sheets
  - Paying his bills

# How do we support Keith?

- Support him with making choices
  - Medication
  - Leg care
  - Ordering new appliances/ home maintenance
  
- Support Keith's sister
  - Regular support and advice to help understand how Keith's dementia affects him

# How do we support Keith?

- 'Best Interest Meeting's' to discuss issues surrounding wound care and meal support
- Referred to Dietetic Services
  - Discussed healthy eating options with Keith
  - Supported to make healthier choices / hot meals
  - Ensure that he still has food that he loves
- Work closely with MDT



# What is Keith's Outcome?

- Able to stay living at home
- Great relationship with his team of CAREGiver's
- Both his legs are healed
- He is smart and presentable
- His home is maintained
- No more outstanding invoices
- Sister is more supportive and understands Keith's diagnosis.

- Regular trips out – Memory Café, Jazz clubs, the pub.
- Eating a well-balanced diet.
- Keith tells me he is happy.



# Summary

- Different approaches can be taken, by adapting tasks to help retain a persons independence.
- Give time, encouragement and support; enable them to complete tasks in their own time.
- Help them to remain confident in their own self worth and abilities.
- Introducing support early on has benefits to the development of relationships and trust building.



# Thank you

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