



Jim and Barack sample answer:

1. what sort of outcomes might Jim wish to receive as a carer?

These are likely to include:

- to maintain his business from home which ensures economic stability for them both
- to lose weight and to address his own health needs, so that he can continue caring safely for Barack
- to take up an interest outside of caring and work so as to improve his emotional health e.g. photography
- reduce isolation for both himself and for Barack.

2. how might you enable Jim to identify these outcomes?

Explore a range of support mechanisms with Jim, so that he can decide for himself how he would best like to identify his own needs and aspirations. This might include:

- discussing his own needs with Barack (although he may feel this is difficult)
- a separate discussion with a close friend or family i.e. from his own circle of support
- with a carer support worker e.g. from carer centre or local carer project
- putting his plan of support together with a 'broker'
- discussing with care manager/social worker from local Adult Social Care Team.

3. what sort of solutions might make a better life for both Jim and Barack?

Key point: Personalisation offers us the opportunity to move away from the traditional models of support and to think creatively with carers as to what would make a real difference to their lives:

Solutions might include:

- providing Barack with the opportunity to attend day care which is tailored to his own needs – the nature of this would need to take into account his age, interests and cultural needs and may depend on local availability
- through the provision of Direct Payments for Barack, appointment of a personal assistant for Barack which would enable him to receive flexible personal care at times to suit both Barack and Jim. This might prove to be a better option than prescribed home care and will enable Barack to become involved in outside interests, meeting up with his local friends, pursuing a hobby. It may also provide greater flexibility for Jim who is likely to have fluctuating levels of work running his own business
- Jim to receive financial advice and guidance perhaps from local financial advisor, bank or solicitor. Advice on benefits (benefits system does not recognise same sex relationships unless civil partners). Advice on debt management.

activity eight - level 2

case study F

- information on Lasting Power of Attorney and making of Advance Decisions and statements – this will be particularly important as Jim and Barack do not appear to be in a Civil Partnership. Unless Civil Partners, Jim would not inherit or be able to administer Barack's estate. He will not be recognised as 'next of kin' and may be excluded from decision making and information relating to Barack's condition
- direct payment for Jim to take up a gym membership or attend local leisure centre so that a. he can have a regular break from caring and b. lose weight and increase energy levels
- back care advice and training on moving and handling for Jim in order to help him keep safe. Information on diagnosis, prognosis, management of condition
- direct Payment for Jim to join his local photographic club
- links with other carers who may be facing similar difficulties – local carer support group.
- links with appropriate national or local charities eg. motor neurone disease association.

4. what services and support are available locally to assist in reaching these solutions?

Encourage participants to explore what is available locally both from the statutory services and from the independent and voluntary sector. Consider how local financial constraints might affect the level of provision that would be available to Jim and Barack and explore if there are any alternative, more cost effective ways of meeting the same outcomes that Jim and Barack may have identified for themselves e.g. with the reduction in night sitting services locally, are we able as an alternative to provide a piece of telecare equipment that would still allow Jim to get more rest at night?

5. how would you ensure the services and support identified are meeting Jim and Barack's identified outcomes?

- development of clear and fully costed support plan for both Barack and for Jim. Will identify tangible outcomes and ways of meeting those outcomes
- regular monitoring and review of the support plans in order to establish the extent to which outcomes are being met. Amendments to plan as required
- provision of contact numbers and key information of where to go for additional support
- support and guidance on the management of Direct Payments and employment of a Personal Assistant.

diversity issues:

- whilst a gay or lesbian carer may have the same needs for support and services as any other carer, there can be additional prejudice and lack of recognition meaning they face extra barriers to accessing services
- caring is an isolating experience which is exacerbated by homophobia
- having to 'come out' to many professionals can leave them feeling vulnerable and exposed. This needs very sensitive handling.