

## EXAMPLE

### *My Future Plan for Ageing well*



*My name: Susie Mohseni*

*Date my Future Plan was completed: 11 November 2021*

*Names of the people who helped me with this plan:*

*Sally Mohseni - Mum*

*Bridget Cross - Learning Disability Community Nurse*

*Gary Travers - Keyworker*

*Date to review what I put in my Future Plan:*

*11 November 2022*

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### *My Future Plan for Ageing well*

#### *Things that may affect me as I grow older*

##### *Housing and where I live*



Does my home meet my current needs? How could it be adapted for the future? What help can my landlord give? What other type of places could I live in? What can I do now to help me stay living in the same place?

##### *What I might need in the future:*

*Lift or a stair lift*

*Level access shower*

*Familiar environment where my things can be kept in the same place and with visual clues to help me remember*

*Quiet environment that isn't busy and minimises noise*

*Live with others who are unobtrusive and who understand my dementia*

*Level access entry to my home and garden*

*Move to somewhere else if the current staff can no longer meet my needs*

##### *Things for me to do:*

*View other Supported living that has a lift*

*Visit a residential home because I don't know what they are or look like*

*Find out about shared lives and whether this might suit me if I have to move*

*Talk to my landlord about how my needs might change and ask whether it's possible to have a stair lift or lift fitted if I need it in the future*

*Talk with the staff and other people that I live with about my Dementia and how it affects me now and what they can do to help me*

*Put visual prompts around my personal space to help maintain my independence*

*Think of places to always leave things so that I know where they are, such as my keys*



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### *My Future Plan for Ageing well*

#### *Support networks and relationships*



Who provides emotional and practical help? Who are the important people in my life? What friends and social contacts do I have? What is likely to change within my family and friends? What plans are in place if things change? How will I be supported to make new friends and not become lonely?

#### *What I might need in the future:*

*New friends and people to spend time with and talk to as my Mum is very old and not very well. We Facetime twice a week and I like that. I don't know who else will want to Facetime with me.*

*Apart from Mum, I only really know the staff that work with me, I think I'll be very lonely when my Mum's not here anymore.*

*I don't know who to talk to about losing my Mum because I know that is going to happen and I am scared.*

#### *Things for me to do:*

*Find out about Mum's health and what might happen with this so that I can talk about my worries about losing my Mum.*

*Ask my support staff to help me talk with other people to get to know them while I am at Church and the swimming group*

*Grow and sell my flowers and vegetables on Mary's stall once a month, to help raise money for the church printer and make new friends in the village*

*Invite John from the Darts club to have lunch with me*

*Find out from my Mum if I have any other family who I could contact and get to know*

*Create a relationship map of photographs to help me remember who I have in my life and when their birthdays are so that I can send cards*

*Make my life story book with help from my Mum, so that others know more about me and what I might be interested in talking about*

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### My Future Plan for Ageing well

#### Money and legal issues



Who helps me now with managing my money? What things might I like to buy now or in the future, that could help me to age well? What help might I need in the future? Have I appointed anyone to have lasting power of attorney? Am I likely to inherit? Is there a trust fund? Do I need information about wills, trusts or benefits?

#### *What I might need in the future:*

*When my Mum dies, she is leaving me some money in a Trust, I don't really know what that means. I will need help to understand what a Trust fund is and how I can spend the money in it.*

*Essex Guardians look after my money for me so I wonder if they can help with the Trust*

*I don't have a will but there are things that I would like other people to have after I'm gone.*

*I have a funeral plan which tells people about what I would like to happen to celebrate my life*

*I wonder if there are things that I could buy now that will help me as I age? Who can I talk to about that?*

#### *Things for me to do:*

*Find out about the Trust fund, who will be responsible for overseeing it and how this will help me after my Mum dies*

*Contact an Advocate and a Solicitor, so that I can find out about how I make a Will and talk to my Mum about what she thinks could be in my Will.*

*Create a photo list of things that I have and get someone to help write on each one who I would like to have them after I've died*

*Put together a list of things to buy, that will help me as I age and send through to Essex Guardians to ask for some of my money to pay for these*

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### *My Future Plan for Ageing well*

#### *Preparing for Crises and unexpected events*



What might happen? (Bereavements, change in needs, housing no longer able to meet my needs?)  
What would I want to do and who would I want to involve in helping me?

#### *What I might happen in the future:*

*I might become ill.*

*I might need more help to do things.*

*I might have to move to live somewhere else when my Dementia gets worse. People talk about a Residential home but what's one of those?*

*I will be sad and upset when my Mum gets more ill or dies*

#### *Things for me to do:*

*Find someone who I can talk to about my worries*

*Ask my Community Nurse to help me understand death and dying to help me prepare for the loss of my Mum*

*Find out about bereavement support and how this could help me, ready for when I need it*

*Find out about and visit other places to live where people have Dementia*

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### *My Future Plan for Ageing well*

#### *Technology*



What TEC do I have/use now? How can I find out more about new Apps and equipment that could help me stay independent? What do other people that I live with use? Could any new developments (such as telehealth) help the person as they grow older?

#### *What I might need in the future:*

*I have a bed sensor that lets staff know if I get up in the night so that they can see if I need help. Maybe there are other things like this that will help me.*

#### *Things for me to do:*

*Ask a TEC specialist to come and talk to us all at Whiting Way and show us things that might help us all keep our independence*

*Attend a TEC event to see and have a go at using some of the new equipment and Apps available*

*Look at the NHS memory and communications apps and see if any of them might help me*

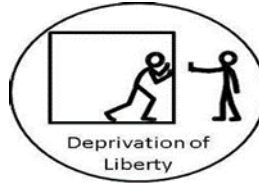
*Get some help to have a look on the internet for new Apps and TEC that might be suitable for me*

*Speak with the OT from Sports for Confidence next time I go swimming and see what she suggests*

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### *My Future Plan for Ageing well*

#### *Making decisions and deprivation of liberty*



My capacity to make decisions may change with age. How can I be supported to maintain as much choice as possible, if future changes to support mean that I may have less freedom? What views do I have about my future support and care that I'd like people to know now, before things change? What are my views and wishes about my future care and support that can be recorded now?

#### *What are my views now about my future care?*

*I like Peter, he has worked with me for many years. I would like him to carry on supporting me if that's possible*

*I want to stay living in my flat for as long as I can*

*I don't know anything about other places to live, I have never been to a residential home so I don't know what they are like.*

*If I get really sick, I want to be where there are nurses because they'll be able to look after me.*

#### *Things for me to do:*

*Visit other types of accommodation so I know what my choices might be in the future and then I can have that written down in my file*

*Ask the Social Worker whether it's possible that I could have a Direct Payment to employ Peter if he ever stops working for Wisdom Care.*

*Talk to other staff about what it is about how Peter supports me that works well so that I can look for that in others if Peter has to leave*

*Find out what a Hospice is and arrange to visit to see what they do and how they support others.*

*Make sure that my Care Plan includes the way that I like to be supported now so that if I can't tell anyone that in the future they will know what makes me happy.*



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### *My Future Plan for Ageing well*

#### *Giving support to others*



Is there anyone that I live with or who lives somewhere else, that I help or give support to? As my own needs change, what support might I need to carry on doing this? Will I have to start looking after someone else as they age? How might my own health and wellbeing be affected by this?

#### *What I might need in the future:*

*I visit my Mum once a week and make her dinner, my Auntie takes me but she is getting old and I worry about how I'll get there if she can't do it anymore*

*I always make Charlie's tea every morning and take it into his room and have a chat. I worry what will happen if I'm ill or I forget because of my Dementia. We've lived in the same place for 27 years, we both like out chats*

#### *Things for me to do:*

*Find out what other ways I could get to my Mum's if my Auntie can't do it, so that I can stop worrying about this*

*Talk to staff about how important supporting Charlie is to me and come up with some plans for how I can make sure this continues even if I need some help to do it*

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### *My Future Plan for Ageing well*

#### *End of life*



Is there a funeral plan that says who I would like to have my things when I die? what type of celebration of my life would I like there to be? Who could help make these decisions if I am unable to? What are my views about where I'd like to be cared for or where I would prefer to die? Who might help me think and talk about this if I find it difficult? Who could be involved to help make these decisions if I can't do it for myself?

#### *What I might need in the future:*

*I don't know what an End-of-Life Plan is or what it's for. I am well, at the moment so don't think I need one.*

*I heard the staff talking about Johnny who lives in the room next to mine, they said that he has a 'DNAR' but I don't know what that means, will they not help him and just let him die if he's ill?*

*What's an Advance Care Plan?*

#### *Things for me to do:*

*Talk to my doctor about what a 'DNAR' is and make sure that there is not one on my health record that I don't know about*

*Find out what my family think about what I might need at the end of my life*

*Have a look at the St Luke's Hospice End of Life Plan to help me understand what it is so that I can fill it in if/when I need it*

*Get some information on Advance Care Planning so that I understand what this is and can get help to fill it in if I need it*

*Date Reviewed.....*

*Who was involved in helping me review my plan?*

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