



Blackburn with Darwen
carers service

Multiple Sclerosis

The Carers Service assessment identified:

- Susie* cares for her ex-partner Tim who lives alone and with late onset Multiple Sclerosis. Tim has no mobility whatsoever; he is totally dependent upon Susie and paid carers who visit four times a day
- Susie begins her day at 9.30 and leaves at 9.30ish in the evening. She undertakes some personal care, all of the shopping, cleaning and any other jobs that are needed
- Tim is incontinent, which results in his bedding having to be changed on a daily basis and his clothes sometimes twice a day
- Susie was concerned about the lack of equipment in the home as she is having to take Tim's washing home as he didn't own a washing machine. He didn't have a fridge or freezer either which meant she was having to buy fresh items every day, of which were more expensive; these issues were draining both Tim's and the carers finances
- A physio had been involved and a wheelchair had been provided, which in itself posed problems, as it was not fit for purpose and still needed to be adapted to Tim's needs
- Another concern for Susie was that Tim was totally confined to the house on a daily basis as he wasn't able to manoeuvre whilst on his own. Consequently she felt concern for his well-being. The patio doors to the outside garden had a high threshold which would make access for a wheelchair almost impossible. The Occupational Therapist had visited and organised various adaptations etc and telecare had visited to install intercom and lifeline systems, but Susie was informed that only one ramp per household is possible and this was needed at the front door
- Tim's finances were a worry for Susie as the disability service were sending letters about PIP which Susie didn't fully understand and so was worrying that Tim's money would be stopped
- Susie wanted more information on Multiple Sclerosis to ensure she was providing him with personalised care that he needed
- Carer had not had a break for some time and added to this she felt guilty and anxious about wanting some free time to herself and time to spend with her grandchildren

Co-ordinated support offered:

- As carer was extremely stressed the Carers Adviser initially referred Susie for massage for much needed sessions of rest and relaxation to enable her to maintain and improve her sense of well-being. She was also referred for counselling at Carers Service due to her anxiousness and overwhelming feelings of guilt
- Adviser assisted with BwD Community Care Grant form for washer and fridge freezer
- Referral to OT in regards to the wheelchair not being suitable
- Carers Adviser contacted MS Society to discuss grant for a ramp at the back of the house so that cared for can have access to the garden - Application form received and carer supported to complete it. Advised Susie to liaise with OT to support and add weight to the application
- Referral to DASH to see if they could arrange a ramp if funding successful with MS Society. DASH team visited Tim in regards to the ramp but stated that the job was too large for the Handyperson Service. However, a DASH team member provided contacts who specialised in this kind of work. Info was passed to the carer and she was advised to contact them to request estimates for the work if application for grant from MS Society was successful
- Carers Adviser researched and sent information about Multiple Sclerosis to Susie

- Adviser booked Susie in at Carers Service benefits workshop in regards to PIP
- Adviser suggested that Susie apply for a Carers Respite Grant to have a break

Outcomes for carer:

- Carer benefitted from massage, as this helped her to feel more relaxed and able to continue with her caring role
- Carer attended counselling sessions which upset her at times, but helped her to understand her thoughts and feelings, and has hugely reduced her feelings of guilt
- Carer received information about Multiple Sclerosis so was well informed about the subject, which will enable her to now care with confidence
- BwD Community Care grant for washer and fridge freezer was successful – less work for carer and will help with finances overall
- OT sorted the wheelchair issues
- MS Society granted the application for funding of the ramp – providing increased opportunities and overall well-being for both carer and cared for
- Through having more information carer now feels more enabled and empowered to continue in her caring role
- Carer now fully understanding of new PIP process
- Carer was successful in regards to a Carers Respite Grant which enabled her to have a break away from her caring role for a while and gave her some time to herself for rest and relaxation.

What could the long term savings be because of this support:

- The Carers Service offered support, massage, counselling and a Carers Respite Grant for a break which led to carer's well-being so much more improved. This holistic approach reduced the risk of potential breakdown and future health issues for the carer
- Moreover, as carers wellbeing and mental health improved, she felt better placed to carry on in her caring role therefore reducing the risk of MORE expensive care packages or the cared for entering into residential care
- The grant for aids would provide a much needed ramp for cared for therefore improving his well-being and also avoid draining the local council's financial resources.

*Name changed

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