

research in practice

About Eve

Eve's story

Eve Davies lives in a town. She has two children, a son, Matt, who is 17 and has Crohn's disease, and a daughter, Joanne, who is 15. Eve's mother died four years ago, and her father, Geoff, lives close by. Geoff is living with early stage vascular dementia and numerous health problems relating to a heart attack he had two years ago. Eve works part time in an administration role at a local college. She has lost contact with her friends and lost touch with her hobbies (swimming and singing in a choir) because she has prioritised her family.

Matt is at college studying for his A levels. He is frustrated that his illness is interfering with all aspects of his life. Joanne is becoming more withdrawn and resentful as an increasing amount of Eve's time is taken up with other family members. Geoff often forgets to eat or wash, and is finding it more difficult to carry out daily tasks. Following a social care assessment, he has a befriending service stop by every week and a homecare team each morning to check he's ok and supervise his medication, which Eve sets up for them. The care agency have reported that there's a possibility Geoff has been accessing his medication and taking it. Geoff remains adamant that he is fine, and with Eve's support he can manage.

Eve is feeling stressed and isolated. She wants to increase her working hours for financial reasons, but is unable to as she needs to be available for Geoff. Eve is having problems with sleeping and feels generally run down, and recently has been suffering from stomach pain and nausea. She says that she feels 'withdrawn from normal life.' She tried attending a carers' group but found that listening to other carers' problems highlighted her own. Instead, she sometimes uses an online forum at night when everyone else is asleep.

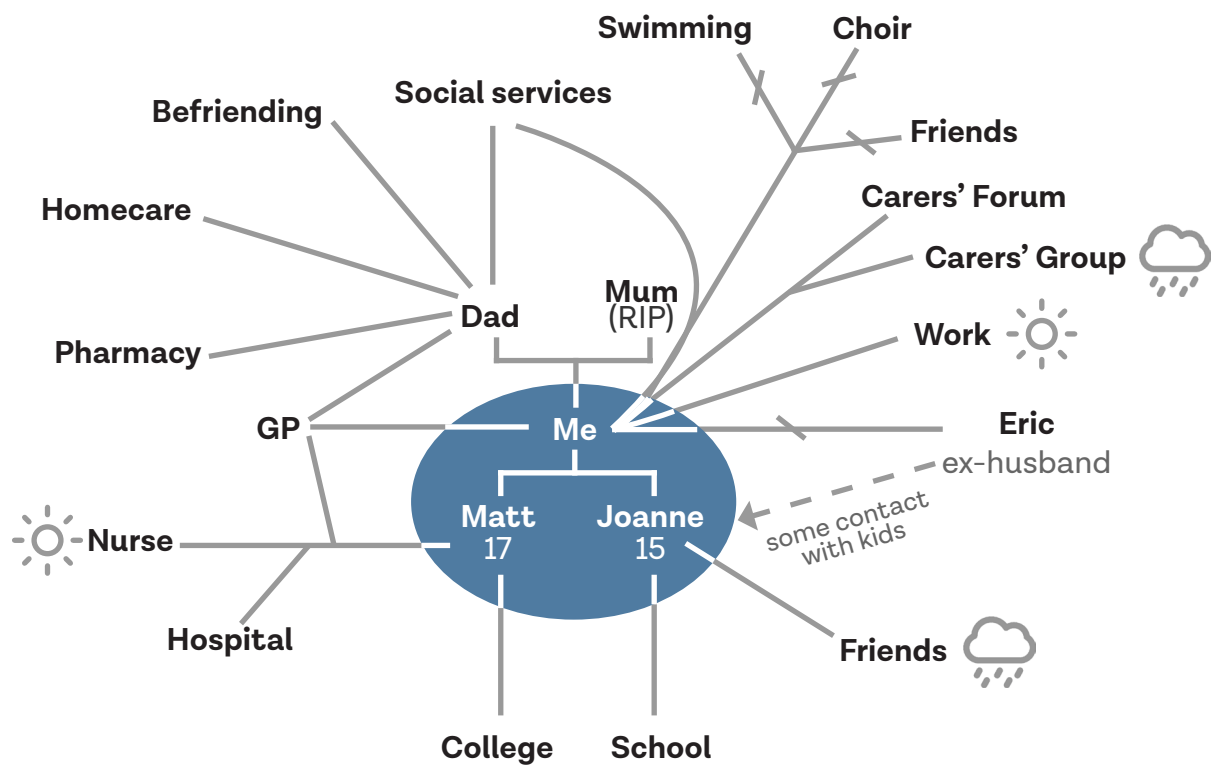
Eve was recently referred by her GP for a carer's assessment.

You are the social worker and go to see Eve.

One-page profile

| What others like and admire about me | What is important to me |
|--|---|
| <p>Good mum (mostly!)</p> <p>I'm very organised</p> <p>People can count on me</p> <p>I help people out</p> <p>I'm kind</p> <p>I'm a good singer</p> | <p>My kids – I want them to be happy</p> <p>Family time</p> <p>Dad staying at home – I promised Mum</p> <p>My job – people I work with</p> <p>Health – exercise, sleep!</p> <p>Just to know I'm not on my own</p> |
| How best to support me | |
| <p>Listen to me and include me in your network</p> <p>A bit of 'me time' to breathe – see friends, swimming, choir</p> <p>Be honest about what you can do and do what you say you will</p> <p>Don't lumber your problems on me when there's nothing I can do</p> <p>Talk to me about me, not just about caring</p> <p>Let me know who to contact</p> <p>Don't give me loads of information</p> <p>Emails not phone please</p> <p>Don't arrange meetings when I'm at work</p> <p>Help me plan so I can do everything!</p> | |

Ecogram



Questions

How can the *Care Act 2014* duty to assess how far a carer is *willing and able* to care empower Eve?

How can a whole family approach help everyone to understand and respond to this situation?

What does a strengths-based approach look like for someone living with dementia?