**SOCIAL SERVICES AND WELL-BEING (WALES) ACT**

**CASE STUDY**

**Geraint**

1. Tell me a bit about yourself

I am Geraint, I am 63 and I have cared for my wife Alison for more than 15 years. With MS and osteoarthritis in her spine she needs 24 hour care. I gave up my job 12 years ago to look after her full time.

1. Tell me a bit about what’s been happening?

I don’t have the opportunity to go out much and being in one place all the time can be claustrophobic. Our daughter helps out here and there, but she has her own family to think of. It is difficult to plan for the future, as we don't know how my wife’s health will change. I have been feeling increasingly down about the situation. I don’t think that there is really anything that anyone can do to make it better.

1. What are you most concerned about?

My main worry is the deterioration in my wife’s health. She has a progressive form of MS, which has reached the stage where she can only move her head and left hand. I see to most of her everyday needs such as washing, dressing, toileting, lifting her in and out of her wheelchair and cooking. As she cannot move, I also get up at intervals of four to six hours during the night to change her position and make her more comfortable. I worry how much longer I can sustain caring for her and yet no one else can.

1. Can we spend a little time exploring what matters to you?

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| **National Outcome framework** | **What matters to me?** |
| Well-being | Knowing that my wife is safe and comfortable |
| Physical and mental health and emotional well-being | Broken nights and lack of sleep followed by long days of caring are taking a toll on my health. It is distressing not to be able to improve my wife’s quality of life by myself |
| Protection from abuse and neglect |  |
| Education, training and recreation | I would like to get out of the house and play golf at least once a week |
| Domestic, family and personal relationships | I would like to spend more time having fun with my grandchildren  I don’t want my daughter to take on any more of the responsibility for caring for her mum as she has enough on her plate |
| Contribution made to society |  |
| Securing rights and entitlements |  |
| Social and economic well-being |  |
| Suitability of living condition |  |

1. What things prevent you from being able to achieve the things that matter to you?

* I can’t afford the golf membership fee anymore. Once I gave up work to look after my wife full-time our income decreased and I could no longer afford it. Even if I could afford it, there is no-one to look after my wife if I was to go out for a whole morning.
* The grandchildren do visit but only for short periods because my wife finds the noise difficult to cope with. I can’t really go and visit them because it is not safe to leave my wife on her own.

1. Could support help you to achieve the things that matter to you?

* I am not sure. Certainly if there was someone to sit with my wife who she felt comfortable with that would help.

1. What are the risks if you are unable to achieve the things that matter to you?

* That I become more isolated and feel like I can no longer cope.

1. What skills and strengths do you have that will help you achieve the things that matter to you?

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| Internal strengths | I never give up |
| People who give me strength | My wife |
| Things I am proud of | The strength of our marriage that we have endured such hardships |
| Any other strengths | I am an outgoing person when I have the opportunity to be |

1. What skills, capacity and support do you think your friends and family have to offer that might help you achieve the things that matter to you? (E.g. do you share any common interests?)

* There are a few friends we still see. They mean well but they don’t really understand.
* My daughter does what she can but she is a single mum with two young kids and works full-time.

1. What skills, capacity and support do you think the community has to offer that could help you achieve the things that matter to you?

* I don’t really know of any.

1. Are the skills, support and capacity available sufficient to enable you to achieve the things that matter to you?

* No, I don’t think so.

1. Eligibility Determination

* Eligible for support
* Explore options for accessing leisure activities, such as golf
* Signpost to carers’ support groups
* Assessment for Alison that will include exploring options for support for when Geraint goes out.