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| **Name** | Pam |
| **Outcome** | I get to see a friend every week for a cup of tea. |

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| **Areas to consider****(support sequence)** | **Ideas to explore and actions to take** |
| **Can we help you increase your confidence, knowledge or skills in relation to this problem?** | Ideas to exploreFeeling confident in getting to Rose's on my own using my rollator. |
| WhoPam | Will do whatTake every opportunity to use the rollator in the flat when the carers are there | By whenNext week |
| **Could technology help?** | Ideas to exploreUsing Facetime with an iPad |
| WhoDianne (daughter) | Will do whatGet mum an iPad for her birthday and show her how to use FaceTime with the family. Ask Josh (great grandson) to come and practice with her. | By whenSeptember |
| **Could family and friends help?** | Ideas to exploreCould take her over to Rose's when visit. Ask neighbour Beryl to pop in after she's been to town. |
| WhoDianne | Will do whatGo and see Beryl and ask if she can visit | By whenFriday |
| **Are there community resources or universal services that could be useful?** | Ideas to exploreGo to centre an additional day |
| WhoMaggie | Will do whatContact The Oaks and see if there is another session available on Tuesdays or Wednesdays  | By when |
| **What can the Wellbeing team do?** | Ideas to exploreBuild Pam's confidence in getting to Rose's (neighbour at number 3).Find half an hour in rota to take Pam next door and collect her. |
| WhoMaggie | Will do whatChange rota so that Pam's bath visits are shorter by 15 minutes, make teatime visit on Saturday 30 minutes longer and take Pam next door for a cuppa while preparing tea, bringing her back when tea's ready. | By whenSaturday |