

Wellbeing passport

WELLBEING PASSPORT

DETAILS OF
DIRECTIONS AND DESTINATIONS
IN MY
JOURNEY TOWARDS WELLBEING

4

Signed:

Legal Guardians:

Any decisions regarding the welfare of John both financial and wellbeing must be discussed and approved by John's

Full guardianship for John is shared by

PERMISSIONS

3

Who supports me professionally

GPI: Medical Practice

Tel:

Consultant:

Health support:

Day support:

2

What is my personal support

structure:

I live with my father and have two

brothers

Emergency Contacts:

Father

Brothers:

1

Personal Details

Address:

Tel:

Date of birth:

Guidelines to support my communication and mobility

- When I bang on the table or object it usually means I want your attention

- When I reach out my arm out towards you I am just saying hello and being friendly. It's my way of talking to you.

- I usually turn my head away when I don't want something. For example when someone gives me a hot drink in a mug (I won't take that!)

I'm quite good at using Makaton sign language to communicate with people

- As a way of getting to know someone I love to play 'potacake potacake'.

13

Tips about my mobility

- I can transfer myself from wheelchair to static chair independently but it's good if someone is closeby in case I become unsteady

- I can stand up myself using a table to steady myself but I need support nearby incase I become unsteady

- Staff need to be aware that I can move out of my chair quite quickly if I want something!

- I need to sit in a chair with arms for support

I like using my walker. It only goes forward. Unfortunately it becomes unsteady on uneven ground

14

15

WELLBEING PASSPORT

John

Conversations



Personal Details

- Address:
- Tel:
- Date of birth:

What is my personal support structure?

My wife is my main carer. Although she does not enjoy good health we get by supporting each other.

I have a cousin but she lives far away

Emergency Contacts:

Wife and Cousin

Who supports me professionally?

GP: *Dr Who*

Tel:

Consultant:

Dentist: *Mr X Stract*

Tel:

Optician: *Mr Optic*

Carer Agency: *Helping Hand*

Tel:

Emergency Tel:

PERMISSIONS

I give permission for you to speak to my wife on all matters to do with my wellbeing.

She helps me make decisions about my care and wellbeing.

- Signed:

Medical History

I have had several minor strokes

The resultant effects that I now suffer from are:

- Difficulty with speech. I often use the wrong words or just not find the right ones.*
- I have poor mobility and have to walk with an walking aid and can't walk far on my own.*

Other ailments/conditions

I also have:

- *Asthma and have to use my inhaler often*
- *Low blood pressure and can sometimes faint.*

Medication

Medication:

Allergies: *Eggs, Penicillin*

Blood type: *O negative*

Who I am

I am a husband to my wife Lilly

I have three children who have grown up and left home.

I have 4 Grandchildren who I look forward to seeing twice a week

Before my strokes I used to work as an engineer for Scottish Power.

Hobbies and Interests

I was a very active person and enjoyed cycling and badminton with my family and friends.

I am also very social person and enjoyed going out with my friends but my speech problems make this very difficult now.

I used to be very good around the house with DIY and enjoyed making and fixing things for family and neighbours.

Now my life is much more restricted and I am limited to what I can do.

I have started to play cards and am learning to play bridge. I also enjoy going out for drive in the car.

I love my garden and am able to do a limited amount.

What's important to me?

- *Going to a local support group. It gets me out and I really enjoy the company and the activities. I go three times a week for a couple of hours. It gives my wife a bit of respite from caring for me.*
- *I love when my children and grandchildren visit. We are a close, supportive family.*
- *I love to get out into the garden and although I am limited to what I can do I choose what to plant and how it is landscaped.*
- *My bridge evenings which is also a social night for my wife and I with friends.*

What I find difficult

- *My condition has restricted my life and what I am able to do.*
- *People feeling sorry for me and judging me. I'm still the same me despite my condition. I used to hold down a very responsible job.*
- *Because of my condition I can be impatient at times.*
- *I get frustrated when I cannot make myself understood.*
- *Stairs*

What keeps me well and as independent as I can be?

- *It is important for me to do as much as I can myself. I make sure that I am as mobile as I can be.*
- *Although I can't walk very far I get out in my garden as much as I can.*
- *My wife, family and support group help me to find new interests.*

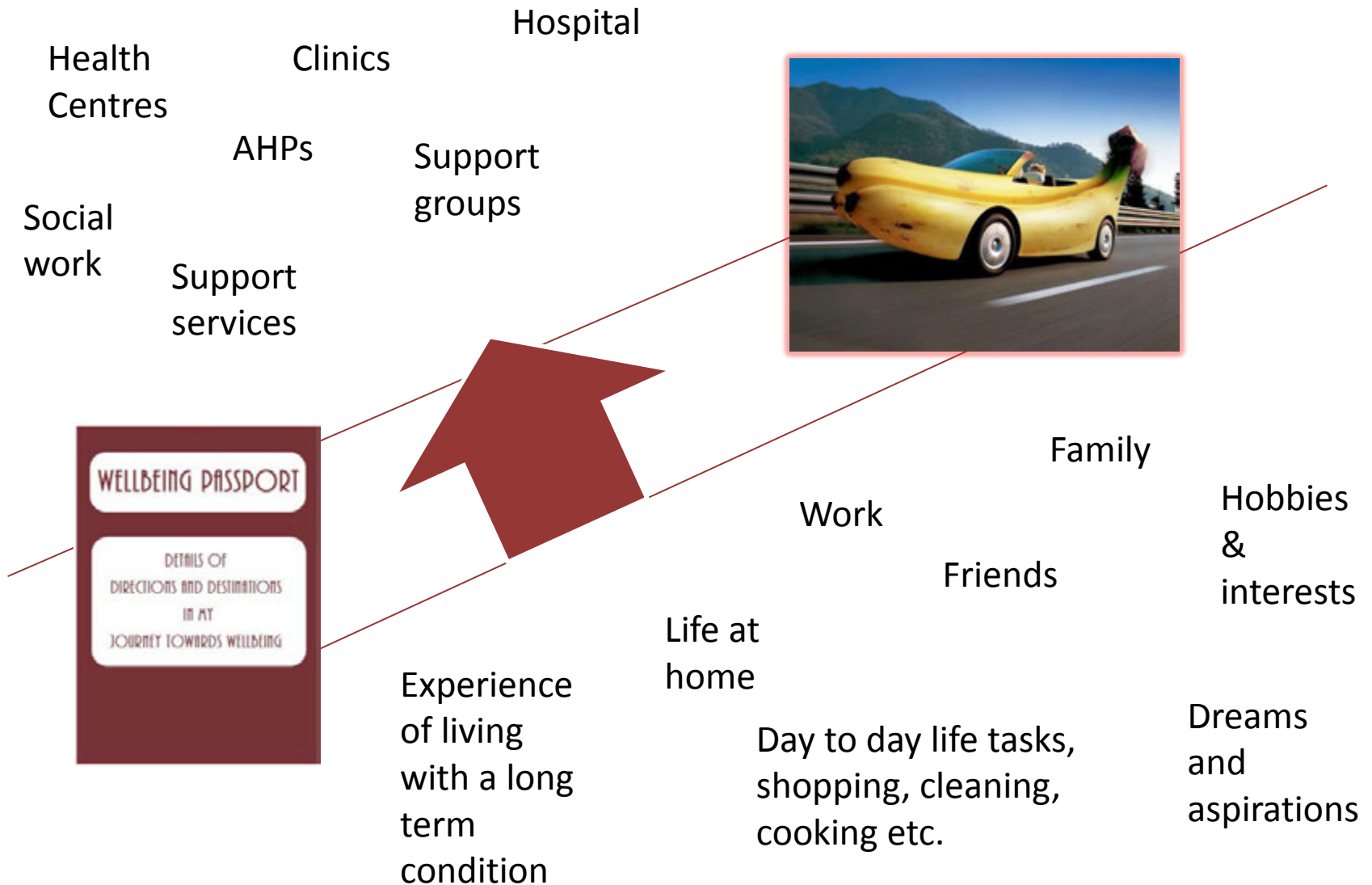
What are my future plans or ambitions?

- *I have limited skills on the computer and I would like to learn more.*
- *Although my stroke has impaired my speech I am still able to use my brain and would be interested initially in a voluntary job that doesn't require me to speak a lot.*

Who can help me fulfil my ambitions?

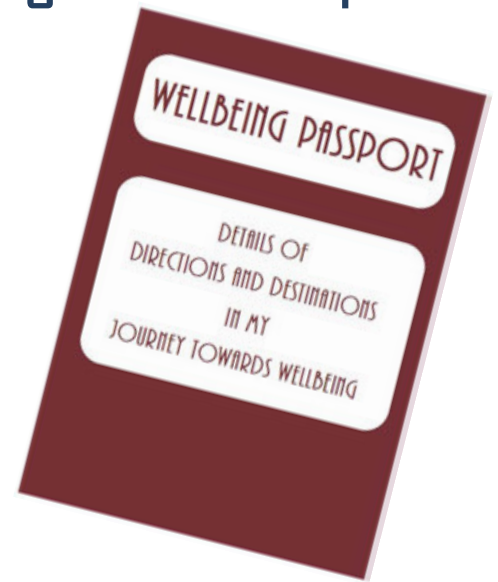
- *My family and my local support Group*
- *A supported computer course.*
- *Talking to people who can help me look around for a voluntary job and advise on how to apply and how to get there independently.*

Supported Self-management



The Benefits of a Wellbeing Passport

- the 'conversation' approach in building the Passport
- the design of the Passport
- it's the 'possession' of the holder
- it saves time
- it gives a more human insight into the Passport holder's life



What people said.....

- *“I feel that this document would be of great benefit to the elderly population. More so for those who have memory/communication difficulties. The ‘typed out’ design rather than hand written makes it clear and easy to read. Thank you.”*
Staff Nurse , WGH
- *“This is a fantastic, informative document. It would benefit most elderly patients, especially with cognitive impairment.”* Staff Nurse , Eye Pavilion
- *“This is the first time I have seen such a passport. Very helpful for holistic care.”* GP.
- *“Useful to know medication that patient was taking prior to her scan.”*
Radiographer, WGH.
- *“Very useful and informative. I wish all of our clients had one!”*
Staff Nurse, Leuchie House, North Berwick.
- *“Information extremely helpful. Recommend for everyone. Brilliant document!”*
Care worker.
- *“Very useful document. To ensure allergies are recorded clearly.”* Dentist.