

## Let's plan community services with *Poppy*



### ABOUT POPPY

- Poppy is a confident and outgoing six year old.
- She lives in Twerton with her mum Clare and sister Megan.
- Poppy loves looking after the family's pet rabbit and recently learnt to ride her bike which she is proudly telling everyone about.

### POPPY'S SOCIAL LIFE

- Poppy goes to a local primary school and has a dedicated teaching assistant. She enjoys PE and music the most and would like to join the school recorder group
- Poppy's favourite thing to do is making up dance routines to One Direction with her sister Megan, who is 14. Until recently they have been very close, but Megan is finding her own independence and wants to do more things without Poppy, which Poppy is finding hard to understand.
- Poppy has a few friends at school but she met her best friend – Max – at the monthly children's Mencap group.

### POPPY'S HEALTH

- Poppy would describe herself as 'Megan's really, really, really good – but sometimes a bit naughty – little sister'
- Poppy has Down's Syndrome and associated learning disabilities.
- She gets support with her speech and language skills, and at the moment she's undergoing investigation for a hearing impairment.
- She has mild asthma.
- Poppy has recently experienced seizures for the first time and is taking medication to control her epilepsy
- She wants to be a vet when she grows up, just like her big sister.

# Let's plan community services with Megan



## ABOUT MEGAN

- Megan is 14, she's thoughtful, funny, kind and is a high-achiever at school.
- She lives in Twerton with her mum, Clare, and her sister Poppy (who adores Megan).
- Megan wants to be a vet and she is already considering where she'd like to train, at the moment she's thinking about Edinburgh.

## MEGAN'S SOCIAL LIFE

- Until recently most of Megan's free time was spent with Poppy. But Megan doesn't enjoy this as much anymore.
- She wants to do normal things with her friends. Sometimes she gets a bit embarrassed about Poppy, which she feels really guilty about.
- Before Christmas Megan and her best friend – Emily – fell out. They haven't made-up and are forming new friendship groups at school.
- Megan and her new friends have started experimenting with drink. She's got really drunk once or twice and quite likes the feeling. Some of her friends are smoking too and Megan is feeling pressured to smoke as well.

## MEGAN'S HEALTH

- Megan would describe herself as: 'you know, nothing special, just normal.'
- Megan has had asthma since a baby and has regular support reviews.
- Megan has started to feel anxious in the evenings and is having problems sleeping. She thinks she should tell someone but she's not sure what to say, or if they'd listen.
- Megan has started to binge drink as a way to deal with her increasing anxiety.
- Megan's role as a young carer was accessed under the Care Act and she was given information about the Carers Centre to contact /support. But Megan continued to feel guilty about her deteriorating relationship with Poppy and did not want to acknowledge that she was a carer for her sister.

# Let's plan community services with **Geoff**

## ABOUT GEOFF



- Geoff is 70 and lives on his own with his ageing golden retriever, Bertie, in Peasedown St. John.
- Geoff retired eight years ago from work following a successful career in the prison service.
- His wife, Anne, died four years ago from sepsis and Geoff has become increasingly isolated from his local community since then.
- Geoff has one daughter, Clare, and two grandchildren, Megan and Poppy, who visit him as often as they can.

## GEOFF'S SOCIAL LIFE

- Geoff loves spending time with Clare and the grandchildren.
- His other love is rugby, he's been involved in the game – playing, coaching, fundraising – all of his life but he's not been so involved with his local club since Anne died.
- Geoff likes being out in the fresh air and he takes Bertie out every day for his morning walk, when he can.

## GEOFF'S HEALTH

- Geoff would describe himself as 'getting closer to the scrap heap.'
- Last February Geoff was diagnosed with motor neurone disease (MND). He's losing his mobility (walking the dog and getting around the house is increasingly difficult) and his ability to speak and swallow is decreasing.
- Geoff has told the medics and his family that he doesn't want to live with MND. He's angry about the medical help he's getting, he doesn't see the point.
- Geoff is drinking regularly.

# Let's plan community services with Clare

## ABOUT CLARE



- Clare left school at 16 and got her first job working in a care home where she met her husband Paul. They had two children but got divorced 4 years ago after Paul left Clare suddenly and unexpectedly
- Clare, now 36 years old, is now working as a domiciliary care worker in the Chew Valley, but she gets frustrated with the amount of time spent travelling in the car between visits and wishes she could spend more time with the people she cares for.
- Clare is getting restless at work. She loves her job but thinks she has more to offer so is considering how her career might develop.

## CLARE'S SOCIAL LIFE

- Clare's social life is on the back burner at the moment.
- In February her dad, Geoff, was diagnosed with motor neurone disease. Since then she's been spending a lot of time back and forth between work, her kids and his home in Peasedown St. John, to help him.
- She's got a good group of friends who are doing what they can, among their busy lives, to support Clare.

## CLARE'S HEALTH

- Clare would describe herself as 'shattered' – the long hours at work and looking after her Dad, plus being a single parent, are taking their toll, but even though she's exhausted she's not sleeping well.
- Clare also knows she's not eating as well or exercising as much as she normally would.
- Clare unwinds at the end of the day with a glass or so of wine. Last week a neighbour made a comment about the amount of bottles in the recycling. It hit a nerve but Clare laughed it off, after all it's her treat and it helps her relax and shake off the day.
- Clare's scared about what's going to happen to her Dad and is struggling to manage all the conflicting pressures on her time. She is feeling increasingly depressed.