Derek

Derek lives with his wife, Joy, who has dementia and has recently been admitted into hospital with a fractured hip following a fall. Both Derek and Joy are 82 years of age, they have one son who now lives in New Zealand. Joy's confusion has worsened since she has been in hospital, both on the acute ward and then during a period of rehabilitation. Her mobility however has much improved and she can now walk short distances without assistance. The pressure sore on her sacrum is also healing well although she is still doubly incontinent.

Joy is ready to be discharged home, and Derek, although anxious to have her home so he can care for her as he as always promised, is worried about how he is going to manage to care for her. He is particularly concerned about his back which has been giving him a lot of pain in recent months and what he will do if Joy falls again. He is especially worried about what to do if he needs any support at night, in the evenings or at weekends. He is struggling to keep their flat tidy and clean and the washing machine has broken.

Staff on the ward have suggested that it might be best if Joy goes into a care home and both are now feeling very isolated.

1. What sort of outcomes might Derek wish to achieve as a carer?
2. How might you help Derek to identify the outcomes that are right for him?
3. What sort of solutions might make life better for Derek?
4. What services and support are available locally to assist in reaching those solutions?
5. How would you ensure the services and support identified are meeting Derek's identified outcomes?