

# My Care Plan

██████████'s Care Plan

Created on 22 June 2023 with ██████████  
██████████

| Concern(s) identified   | What this means to me  | Suggested actions  |
|-------------------------|--|--|
| Money or finance        |  | <p>Key Worker Actions:</p> <ul style="list-style-type: none"> <li>• Discussed as part of another concern</li> </ul>  |
| Moving around (walking) | <p>Currently unable to weight bare through right arm, which has recently had palliative radiotherapy and left leg is in plaster with an operation booked 29.06.23. Means mobility is through two wheelchairs. Unlikely to be able to return to work and needs support to look at finances, as whilst on full pay at the moment, this will reduce to half pay in @four months time.</p> | <p>Patient Actions:</p> <ul style="list-style-type: none"> <li>• Advised to contact Macmillan Support Line - 0808 808 00 00</li> <li>• Signposted to Penny Brohn UK               <ul style="list-style-type: none"> <li>◦ URL: <a href="http://www.pennybrohn.org.uk">www.pennybrohn.org.uk</a></li> <li>◦ Email: <a href="mailto:clientsupport@pennybrohn.org.uk">clientsupport@pennybrohn.org.uk</a></li> <li>◦ Phone: 0303 300 0118</li> </ul> </li> </ul> <p>Macmillan information sheets:</p> <ul style="list-style-type: none"> <li>• Moving around (walking)               <ul style="list-style-type: none"> <li>◦ URL: <a href="http://www.macmillan.org.uk/_images/moving-around_tcm9-356329.pdf">www.macmillan.org.uk/_images/moving-around_tcm9-356329.pdf</a></li> </ul> </li> </ul> |

**Key Worker Actions:**

- Referral to Occupational Therapy

**Comments:**

Keep in touch with Occupational Therapy Service, to keep assessing mobility/independence needs as things progress/change.

Requires a rolling Fit Note for work, which has been requested from Dr [REDACTED]

Phone Macmillan Support Line as soon as possible to get help and support with financial situation

Let [REDACTED] know if you need her to apply for a Macmillan Grant or if employer starts putting pressure to return to work.

You can contact [REDACTED] anytime by email: [REDACTED]

Consider looking at Penny Brohn UK website about nutrition

|                           |  |  |
|---------------------------|--|--|
| <b>Pain or discomfort</b> | Related to bone cancer (metastases). Despite palliative radiotherapy to right arm, still has to lift the arm with the left one, otherwise the pain is excruciating. Currently taking Co-codamol, but has Oromorph if required. | <b>Macmillan information sheets:</b> <ul style="list-style-type: none"><li>• Pain<ul style="list-style-type: none"><li>◦ URL: <a href="http://www.macmillan.org.uk/_images/pain_tcm9-317028.pdf">www.macmillan.org.uk/_images/pain_tcm9-317028.pdf</a></li></ul></li></ul> <b>Key Worker Actions:</b> <ul style="list-style-type: none"><li>• Referral to palliative care team</li></ul> <b>Comments:</b> <p>██████████ will refer to palliative care team</p>   |
| <b>Partner</b>            | Relates to wife and their financial and housing situation and the anger and frustration.   | <b>Key Worker Actions:</b> <ul style="list-style-type: none"><li>• Discussed as part of another concern</li></ul> <b>Macmillan information sheets:</b> <ul style="list-style-type: none"><li>• Relationship with your partner<ul style="list-style-type: none"><li>◦ URL: <a href="http://www.macmillan.org.uk/_images/relationship-with-partner_tcm9-355811.pdf">www.macmillan.org.uk/_images/relationship-with-partner_tcm9-355811.pdf</a></li></ul></li></ul> |

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|-------------------------------------|--|--|
| <b>Tired, exhausted or fatigued</b> | Spends a lot of the time sleeping - particularly in the morning. The afternoons are better. Sleeps well at night | <b>Macmillan information sheets:</b> <ul style="list-style-type: none"><li>• Tired, exhausted or fatigued<ul style="list-style-type: none"><li>◦ URL: <a href="http://www.macmillan.org.uk/_images/tired-exhausted-fatigued_tcm9-317030.pdf">www.macmillan.org.uk/_images/tired-exhausted-fatigued_tcm9-317030.pdf</a></li></ul></li></ul>   |
| <b>Uncertainty</b>                  | Understands that cancer is treatable but incurable and needs to start getting his affairs in order               | <b>Key Worker Actions:</b> <ul style="list-style-type: none"><li>• Discussed concern, advice given</li></ul><br><b>Comments:</b> <p>Need to consider the question of resuscitation and putting in place a Do Not Attempt Cardio-pulmonary Resuscitation in place</p> <p>Need to write a Will</p> <p>Need to give Lasting Power of Attorney to wife for Finance and Property and Health and Welfare</p> <p>Look at Digital Legacy Association website for advice on closing down digital accounts:<br/><a href="http://digitallegacyassociation.org">digitallegacyassociation.org</a></p> |

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|                             |   |  |
|-----------------------------|---|--|
| <b>Anger or frustration</b> | Why me? What have I done to deserve this.<br>Also related to financial and housing concerns | <b>Key Worker Actions:</b> <ul style="list-style-type: none"><li>• Discussed as part of another concern</li></ul> <b>Macmillan information sheets:</b> <ul style="list-style-type: none"><li>• Anger or frustration<ul style="list-style-type: none"><li>◦ URL: <a href="http://www.macmillan.org.uk/_images/anger-frustration_tcm9-351547.pdf">www.macmillan.org.uk/_images/anger-frustration_tcm9-351547.pdf</a></li></ul></li></ul> |
| <b>Swelling</b>             |   | <b>Patient Actions:</b> <ul style="list-style-type: none"><li>• Patient did not want to explore this concern at this time</li></ul>  |

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## Housing

Lived in house for 40 plus years, but current mortgage is interest only and concerned that they will have to sell the house. Wife concerned that she will no longer have a roof over her head.

## Patient Actions:

- Advised to contact Macmillan Support Line - 0808 808 00 00
- Signposted to Lloyds/Halifax/Bank of Scotland - Macmillan partnership

## Macmillan information sheets:

- Housing
  - URL:  
[www.macmillan.org.uk/\\_images/housing\\_tcm9-351920.pdf](http://www.macmillan.org.uk/_images/housing_tcm9-351920.pdf)

## Comments:

Please phone the Macmillan Support Line for support from Financial Team and talk to them about your:  
Mortgage and repayments  
Accessible Benefits, given will reduce salary by half in near future

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## What matters to me

1. Who are the most important people in your life?

Family, see them regularly

2. What would make a good day for you?

Walking the hills in Scotland

3. When you are having a bad day what can help to make it better?

asking me to dance and the grandchildren visiting

4. What are the daily or weekly things you enjoy doing?

Im mobile at the moment but prior to my cancer I enjoyed my work and going out with the grandchildren

5. What would you never leave home without?

My wallet which has a pocket penguin from [REDACTED] and a pound coin which was in the wallet when [REDACTED] gave it to me

6. What do you think the people who know you well would say your best qualities are?

Hard working and buying things for the grandchildren

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Summary

| My concerns  | My information needs  |
|--|---|
| <p>Money or finance (10)</p> <p>Moving around (walking) (10)</p> <p>Pain or discomfort (10)</p> <p>Partner (8)</p> <p>Tired, exhausted or fatigued (5)</p> <p>Uncertainty (5)</p> <p>Anger or frustration (3)</p> <p>Swelling (3)</p> <p>Housing (1)</p> | <p>Diet and nutrition</p> <p>Health and wellbeing</p> <p>Making a will or legal advice</p> <p>Planning for my future priorities</p> |

This care plan will be shared with your GP .

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you. For information, support or just someone to talk to:

**MACMILLAN**  
CANCER SUPPORT



0808 808 00 00

7 days a week, 8am - 8pm



Visit our website >

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Email us >

Get in touch via this form



Chat online >

7 days a week, 8am - 8pm

**NHS**