

Client Name: David Wozny
Meeting Date: 24 November 2016
Time: 11:00
Location: Client Home
Case Manager: Fran Bruscia

MDT Meeting Minutes

Attendees: David Wozny, Client (DW); A Person, Case Manager (FB); B Person, Occupational Therapist (MR); C Person, Vocational Psychologist (SG).

Case Management Update – Case Manager

Care:

FB: Medication - Amitryptoline missing.

DW: Went to see maxillofacial surgeon, medication wasn't doing anything for the tingling. Alternative medication suggested. Was on Pregabalin. Still seeing acupuncture consultant, so decided to see how it went before trying the Amitryptoline as he wants to know which is having the effect. Amitryptoline has been found.

FB: Assessment by D Person (SALT) completed and DW has seen E Peron (Neuropsychologist) twice for assessment. Still awaiting reports and awaiting information from solicitors. E Person is unable to do tests again due to the time frame of the last test.

FB: Licence back from DVLA and the PIP benefit has been sorted. Has David received anything re: ESA appeal?

DW: Don't know, would have to take a look.

Goals:

- For DW's tingling to reduce or subside.
- For DW to receive the correct benefits

Occupational Therapy Update – B Person

Therapy Engagement:

MR: DW has seen Carrie mainly, and has seen four times since last meeting. Currently concentrating on meal preparation. DW has come up with a strategy for understanding instructions as was getting frustrated with regular instructions. DW has written and followed own instructions. Sessions are going well, DW following strategy, researching on internet so all is going well. Asked DW how he felt sessions were going.

DW: Session have gone well, enjoyed doing it, but it is better when does his own sequencing. Did minestrone soup yesterday, got BBC recipe and printed it out. Took contents of recipe and instructions and re-formatted it so he could follow it. Unable to follow regular instructions, they need to be more detailed, but recognises that is a deficiency and worked a way around it. DW has detailed the instructions himself. Section on utensils as well as ingredients as was flustered without it. Everything flusters him, unless it is absolutely perfect. Even getting the scales for weighing linguini, if he doesn't document what he is getting the scales for. If he does then it is fine, but if it works then its good.

SG: Insightful, that it was recognised and came up with a plan.

DW: Didn't make up own document for first meal (shepherd's pie) and it didn't go as well, felt more flustered. Things slightly different for the soup.

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SG: Build up a folder of recipes so don't have to do laborious task again.

DW: Always saves the recipes, but people should not have to spend an hour reformatting recipes but it works for him.

MR: Eventually, DW should be able to generate own internal sequencing.

DW: Would struggle with, for example BBC instructions as they seem too complicated, so have to adjust.

FB: That is the point of OT sessions so instructions can be broken down.

DW: Hopefully at some stage would have enough confidence to follow instructions without reformatting them first.

MR: Driving – DW had to put pressure on DVLA

DW: Been out several times in the car, feel comfortable driving. Many things in life, DW is not as confident as used to be but driving is comfortable and driving quite well. Ruth has been out with him and has not mentioned any problems with his driving. Waiting to get some training from driving instructor, explained circumstances to her, but would feel better if got some anticipation, awareness, judgement training and needs testing on it. Does not want to face difficult situation on his own. Want to make sure he is a safe driver. Doesn't want to be an unsafe driver. Drove to Loughborough and felt confident. Bizarre how well driving is considering injury.

FB: Is this a specialised person doing assessment?

DW: No, she is not specialised

FB: Have you decided against Wrightington?

DW: Just want to be assessed, but don't know what he needs.

MR: I have a driving assessment that we can do and then go to Wrightington.

DW: Want to see how gets on with this lady doing assessment. Not had situation where he has struggled or had a challenge to get around. DW thinks he is alright driving but feels he would struggle with a paper based assessment. Needs someone behind the wheel to assess.

MR: Assessment is more for areas to develop, it would highlight things to work on. It is not an assessment to determine whether he can or cannot drive, it would be something to concentrate on when doing lessons.

DW: What is the training? Is it computer based?

MR: It is a kit that looks at judgement, speed, etc. would be a table based activity. Wrightington has a simulator and computer based tasks, but this is table based task.

DW: Can't see what harm it would do, quite open to it.

FB: Would show areas to work on with the driving instructor.

DW: Want to do everything possible to be a safe driver. Would MR come here?

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MR: Yes, would come here, wouldn't like to risk him on the motorway.

FB: Have you been on the motorway yet?

DW: Not yet.

MR: Would not recommend motorway if not necessary.

DW: How long does the assessment take?

MR: About 40-60 mins

Goals:

- Continue to practice, in relation to following recipe instructions.
- DW to have assessment to establish which areas of driving need focusing on when having lessons.

Vocational Psychology Update – C Person

Strategies:

SG: DBS has finally come through, going to start at IT Buddying placement on Tuesday, 10am-1pm. Will allow DW to settle for a couple of weeks, then SG to visit. Recipe stuff is interesting, as this means he can use this for the IT to formulate any checklists he needs. Can work through things he needs logically.

Now has another client for befriending.

DW: Elderly lady who wants someone to help walk the dog. Something to get me out of the house. I like elderly folks and happy to interact with elderly people. Meeting the lady with RBS worker, unsure what days he would be with her. Will be discussed at the first meeting. Still meeting gentleman every Friday.

DW: IT Buddy – There is an opportunity to do another slot, but don't want to get ahead of myself

SG: Sometimes people are booked in, but sometimes there isn't, so DW might get there and there is no one there, but can do other things in library.

DW: Would just be happy to get out of the house and have something firm to do.

FB: That is still socialising, which his good.

SG: DW has shown her stuff on computer that she has never seen before and she feels confident he can support people with his level of IT.

DW: Used to be IT guru, very smart and clued up. Used to be recruited by companies in London to work on systems as was very good at it. Feel like apologising to people saying he used to be good at IT and now he isn't as good. Feel sometimes as someone who needs an IT buddy not being an IT buddy.

FB: DW knows a lot more than most people, and there is always some people who will need help.

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DW: Bit nervous as one thing that sets him back is how far he has fallen. Has taken psychiatric tests and gets frustrated as he cannot do basic stuff. Can't read a simple paragraph and recall the names. Brain power reduced immensely, concerned about being an IT buddy, worried about struggling with people. Need a bit of bravery about it, very anxious but the only way to do it is to try.

FB: If has a knock-on effect will find something else, but it could give confidence again.

SG: Can navigate on own computer, can explain things that she didn't know.

DW: Need to stop measuring myself against the person I used to be. I'm a lot further on than I was six months ago, physically stronger now and driving a car. Shouldn't idealise what I was like in the past, as he felt like he was Mr Wonderful, but was advised by the Psychologist that people making this type of recovery often overstate how good or how smart they used to be. I can see where he was coming from.

Goals:

- Continue with Befriending and build on it.
- Commence IT Buddying, review progress.

Any Other Business

Gym:

FB: Are you going to the gym?

DW: Now I'm driving again I've been going again. Was riding bike in the rain, doing gym programme and didn't want to ride back home after session. Went to gym last week and been again this week. Wants to start going again. It did feel miserable in bad weather. Had to walk or cycle, but now driving makes a difference.

Tingling and dexterity of left hand:

FB: How is the acupuncture?

DW: It has short term immediate benefit but it is early days, so have to stop being defeatist, has to believe it. Has tingly fingers, which are okay for two hours but then dissipates. Not been on rower, has stayed off it while having acupuncture.

FB: Has not going on rower made a difference?

DW: Yes, not had bad tingles for a long time. Don't always observe benefits. Because it hasn't cleared feels not getting better but not had bad tingling. Not had anywhere near as bad days as used to have, has co-ordination and dexterity issue with left hand. Could not take coins out of wallet with left hand. Sensations better, dexterity issues getting worse.

MR: We can put program together for that.

SG: Is it electric acupuncture?

DW: Yes it is. Not like a Spa day, he puts leads on and turns it up as high as tolerable. Not a relaxing thing, needs to tolerate it as much as possible

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Family:

FB: Is there anything else, family, holidays?

DW: Getting a dog, about the size of a Labrador. Will be crossbreed, went to look at one in Loughborough, but was too enthusiastic and would be like that for a year. Doesn't want a project to train the dog. Took it for a walk but was just impossible and will always come back dirty every time go for a walk. Would be two years before could let it off the lead, it is too hyperactive. Looking at a few more but will take a while. Looking at rehome centre.

No upcoming appointments, will likely be some more in the future.

FB: If any appointments come up, I can go with you for support.

ACTIONS

<u>NAME</u>	<u>Action Agreed</u>	<u>Due Date</u>
David	Check if received any correspondence re: ESA appeal	09/12/2016
Mark	To carry out driving assessment with David	25/01/2017
Mark	To set programme for left hand dexterity	25/01/2017
Suzanne	To review IT Buddy placement	25/01/2017
Fran	Let GDL know of change to date of next MDT meeting	25/01/2017
Fran	Find out when GDL intends to review DW	02/12/2016

DATE OF NEXT MEETING:

MDT Meeting 14 December 2016 - CANCELLED

Next MDT Wednesday 25 January 2017 at 10:30am at DW Home