

Meet ... Cherry



Cherry is 56 and lives at home with her husband Ralph, whom she adores. She is very sociable, loves to chat and enjoys singing along to hits from musicals. She loves to spend time on her iPad watching programmes about nature and wildlife and can get happily lost in live web cam footage. She also uses it to video call her daughter who lives in Australia a couple of times a week. Her friend Sheila visits once a week and they enjoy a good catch up. She has an Alexa and uses it to remind her about taking her medication and any appointments as well as to listen to classical music, show tunes and the news. She has several long-term conditions including Fibromyalgia- which has caused a loss of sensation in her hands and feet and affects being able to hold objects in her hands for long periods. She has a degenerative bone disease of the spine and osteoarthritis of the joints. Cherry describes herself as suffering from chronic fatigue and pain.

Her care provider visit twice a day for 90 minutes to support her with getting up (including personal care) and going to bed. Cherry prefers to do as much for herself as possible and can get cross if anyone appears to be doing too much for her. She also doesn't like to discuss her health with Ralph, as she doesn't wish to be a burden to him.

A recent medication review with her GP resulted in a reduction in her pain medication. Although Cherry understood the reason for this, it has made both her and Ralph anxious.

Her carers are also concerned, as they know how much she depends on it.

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Cherry's Outcome*

To feel in control of my pain management



Yourself

Cherry could monitor her pain using a pain diary.
Explore what exercise is possible and will help her feel more positive.



Technology

Cherry could download a mindfulness app.
Download pain-monitoring apps such as My Pain Diary.
Use a VR headset (virtual reality) and link it to something she enjoys such as classical music or nature.
Cherry could download a mindfulness app.



Equipment & Adaptations

Ask the OT to reassess her environment or equipment.
Get an I-pad stand.
Use microwave heat pads.



Family, friends & neighbours

Ask Ralph if he'd be willing to learn some massage techniques.
Ask Karen to encourage Cherry to talk about how she is feeling when she sees her each week.



Community

Cherry could join an on-line or face to face support group for pain management.
Find a local help-line to call re her condition and pain management.
Cherry could join a choir.



Services or Setting

Arrange a date for a review with the GP.
Ask the GP for a referral to The Chronic Pain Management Service.
Cherry could try acupuncture.



Support

Part of the homecare visit includes reviewing Cherry's pain diary with her.
Making time in the visit to practice mindfulness/ relaxation techniques.
Carer's could learn some massage techniques.

* measurable, specific, change something that is not working, moves towards aspiration, everyday language

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Cherry's Outcome*



Yourself



Technology



**Equipment &
Adaptations**



**Family, friends
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Community



**Services
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Support

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