



Amelia Hill

As a person with diabetes and a neurodevelopmental condition, having a UCP which I have helped create, helps health professions know how to manage my condition if I become unwell.

Date of Birth: 02/06/1982
NHS Number: 196 150 9008

Mobile: 02939 784545
Preferred name: Milly

Personal info

Gender: Female
Sexuality: Lesbian
Religion: Agnostic
Preferred pronouns: they/them/theirs
Ethnicity: White - other
Address: 67 Sheaveshill Avenue, London, NW9 6SA

Medical

- I have Type 1 Diabetes which I have had since I was 10. On a daily basis, I manage this myself through an insulin pump.
- At 10, I was also diagnosed with Asperger Syndrome. This can make it hard for me to concentrate at times and form relationships.

Living and care arrangements

Type of accommodation: 3 bedroom terrace house
Lives with: I live at home with my mum (Clare) and two younger brothers (Pete and Hamish). We care for our mother who has multiple sclerosis, and is supported by a social care package.
Equipment: My mother lives downstairs in the dining room and has a hoist and wheelchair that she uses to get around.

Symptom management plan :

- My diabetes is not very stable at the moment as I am trialing a new insulin pump and testing an App on my phone to support me with managing my diabetes. I'm still figuring out how best to use it.
- Because of my Asperger's I find it hard to express myself and explain when I feel unwell. I have had regular hypoglycemic episodes which causes me to appear disorientated and confused rather than me being able to explain how I feel.
- I have been hospitalized with a diabetic emergency twice in the last 6 months.
- I always carry glucose gel with me now and wear a diabetes alert band.

About me

- I am very close to my family and my girlfriend Helen.
- I worry about my mum and her MS as she is struggling to walk now and for myself and my diabetes.
- In an emergency, where I am not able to provide care for my mum, my brother Pete should be immediately informed (207 261 0119).
- I work part time in a library which I enjoy.

Professional contact

ODS code: QRV
Organisation: Northwest London Health & Care Partnership
Name: Dr Little
Role: GP

Organisation: Northwest London Health & Care Partnership
Name: Sarah Howe
Role: Diabetes Nurse Specialist



John Kerr

Creating a UCP with John, has helped health and care professionals better understand his needs and preferences to inform how they care for him.

Date of Birth: 25/04/1945
NHS Number: 329 135 1665

Mobile: 07939 678245
Preferred name: John

Personal info

Religion: Protestant
Ethnicity: White British
Gender: Male
Preferred pronouns: he/him/his
Occupation: Retired school teacher
Address: 2 Glenwood Grove, London, NW9 8HJ

Medical

- I have Chronic Obstructive Pulmonary Disease (COPD) which is getting worse and affecting my quality of life.
- I have an oxygen concentrator at home and ambulatory oxygen if I go out of the house.
- I have had some falls over the past year and was seen by the falls team for advice on how to stop frequent falls.
- I go to the respiratory clinic about my COPD.
- My Rockwood Frailty score is 6.
- I know I am allergic to penicillin as I came out in a rash all over my body.

Living and care arrangements

Type of Accommodation: I have lived in the same terraced house for 35 years.
Lives with: Wife (Margaret)
Care arrangements: I have a volunteer from Age concern who comes and visits me once a week for 3 hours and this allows my wife to visit our friends and our daughter.
Equipment: I have my bed in the dining room as stairs are now too difficult for me with my breathing.

Symptom management plan

- I have a management plan for if my breathing gets worse. This includes rescue antibiotics and steroids which I can start after discussion with my GP or CNS.
- My normal oxygen saturation is 92% on 1 litre of oxygen. I will need to call for help if my breathing does not improve with my self management plan as it can be scary when I cannot breathe, and I may need to go into hospital.

About me

- I am a very independently-minded and family-oriented man, but I am increasingly frustrated about losing my independence.
- I like to get out and go for a short walk most days even if just into the garden. However this is becoming increasingly difficult, and I have been thinking about using a wheelchair recently.
- My faith is very important to me, and I attend church every week. I am driven to church by a local volunteer.
- I have had a discussion with my family and GP, and I have a DNACPR form in my house. I have agreed with my family that I want to spend as much time as possible at home when I am feeling well and that when the time comes, I want to die at home.

Professional contact

Organisation: West Croydon Surgery
Contact number: 020287736364
Name: Dr Young
Role: GP

Organisation: Croydon Respiratory Service
ODS Code: Y011145
Name: Kate Brown
Role: Respiratory Clinical Nurse Specialist

*This patient persona is entirely fictive. Any resemblance to actual people is purely coincidental.