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NEWSLETTER #4 OCTOBER 2016

Welcome

We are pleased to update you on some exciting events which have happened since our last July newsletter.

Those of you that follow our Facebook page will already know that our Macmillan Cancer Support coffee morning was a resounding success raising a grand total of £206.40. It was lovely to meet clients old and new and we are thinking of making this an annual event to support a different charity each time. We'll keep you informed.



We are very proud to announce that we have won a Gold award for our entry into the best courtyard garden category of the Guildford in Bloom 2016 competition. Thoughts now turn to 2017...



Introducing our new member of staff!

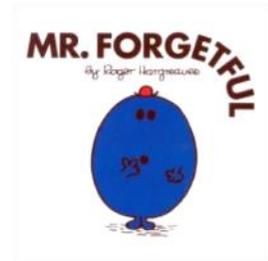
Our latest member of staff joined us in August and has already joined in the firm's outing to partake in the Surrey Memory Walk at Painshill Park on 9 October in aid of the Alzheimers' Society. See page 4 for a full report.

Lacey, pictured below in our prize-winning garden, has become an invaluable member of staff, is a real team player and we love her very dearly already!



Let's hope the autumn months have lots of wonderful things in store.

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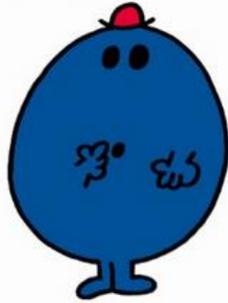


Let's talk about falls

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Images courtesy of photostock at FreeDigitalPhotos.net and Sanrio Global Limited/Mister Men Limited

MR. FORGETFUL



We all know about the Mr Men books – there's nearly fifty of them, but the saddest is Mr Forgetful, number fourteen in the series.

Mr Forgetful can't remember where his bathroom is, and ends up in the wardrobe.

He remembers that he needs to post a letter but by the time he gets to the post office he's forgotten why he went there.

He's told to tell a farmer about an escaped sheep on the road, but tells the farmer, when he eventually meets him, that there's a goose asleep in the rain – a classic case of asphasia (mixing up words).

* SPOILER ALERT! *

Luckily, all those who deal with Mr Forgetful are kind to him; the postmistress suggests he wants a stamp, and eventually, the farmer returns with Mr Forgetful to find the sheep. But what must it be like for those suffering from some form of dementia which means they can forget where they are? Or they forget what they have gone out to buy?

Sometimes relatives tell me that their mother, father, or other older person 'want to give me their house'. We see the person on their own and quite often, having taken all the factors into account, the older relative decides not to make the gift. They have been able to understand the complex issues and make an informed decision. The person may forget what has happened, but, if we ask them again in a week or two, and they still refuse to make the gift then they are being consistent and the lack of recall is not necessarily important.

It is, of course, a bit more complicated than that; it depends on how complex the legal issues surrounding a decision are, and whether the person can take in those complexities, so that they can make an 'informed decision'.

Returning to Mr Forgetful; we try to be 'kind' like those dealing with him, but we always have to take into account the fact that we have to be objective when advising such as he.

Finally, I think this little book is a good way of introducing youngsters to the reasons why granny, or even more usual these

days, great-granny, acts strange and might not remember their name.

(Thanks to Sanrio Global Limited/Mister Men Limited)

What's the cost of care in your area?

A recent online BBC article provided a guide to understanding the social care system for people aged 65 and over.

Dealing with Surrey we came up with these interesting results:

Home care – such as when you stay at home and get help with everyday tasks such as washing, dressing and eating:

How your council helps with care. If you are assessed as needing help by your local council the amount of wealth you have will determine how much you pay towards the costs.

14 hours – average amount of care provided each week
£15.30 – average paid per hour by the council (2014-15)
£22.70 – average paid per hour if paying for own care

Nursing home care – when you live in a care home which provides round-the-clock care. Depending upon your medical needs the NHS may contribute to your costs.

How your council helps with care:

£302.00 – average contribution per week by the council
£187.00 – average contribution per week by individual
4 in 10 pay for their own care
Self-funding charges are estimated at 41% higher than the rates negotiated by councils.

Let's talk about falls

I've just seen a little boy fall over and, for a second, he lay there and then burst out crying. After he was picked up and cuddled by his mother, he stopped wailing almost as quickly as he started, saw something that caught his attention, struggled from his mother's arms and ran on. He was probably left with a scab that healed after a few days.

Would he have recovered if we fast forward forty or fifty years? As a person who deals a lot with older people, I've becoming increasingly aware of how falls can affect us – including myself.

It isn't just the broken bones, bruises and inconvenience, it's the loss of confidence, possible permanent disability and isolation and fear that is a common result of falls in the elderly. It can affect the advice we give the client and often we make home visits to those who cannot get to our office because they are incapacitated through falls although there may be other reasons why we make a home visit, but I'm concentrating on falls in this article.

At their extreme, if a person breaks their hip it can result in a total change of lifestyle, where the hip never properly mends and, sadly, a nursing home is the only solution. But there are other situations. Perhaps a person cannot drive anymore or loses the confidence to drive. Perhaps the broken bone heals awkwardly, leaving permanent pain. Many suffer a loss of confidence and start using walking sticks, shopping trolleys or other aids, to assist with walking, which means their movement is slowed, so they cannot be as active as they once were which can be frustrating.

What causes falls? I think we can all agree that uneven pavements, paving slabs not fitting properly, and tree roots can be a danger. I know clients who were terrified of the setts in Guildford High Street, which have now been totally renovated so let's hope that is a danger that has gone. It is sensible to report dangerous pavements to the council not necessarily to make a claim but so that the danger can be corrected to prevent others from falling at the same spot.

But there are other factors. Many people fall indoors through tripping on rugs and it is common advice to take rugs away if a person is prone to falls. Some people stand on chairs to reach on the top of cupboards; it is wise to buy a good stepladder, with handles if possible.

Some older people fall through light-headedness or other physical factors which might be helped with medication, and that is why, if a visit to A&E is made, various questions regarding why a person falls will be made.

Others (and I count myself in this category) are simply rushing too much and thinking of other matters. That seems to be the common factor with many of my friends; we're either thinking of the next step in our lives, worrying about work or merely day-dreaming, instead of being in the here and now.

What can we do about it? If a person is frequently falling, they should be able to be referred to a 'falls clinic', where they will be given devices to stop further falls.

But I've enrolled on an online course run by Futurelearn, an online 'university' where many of the courses are free, entitled

'Aging well: falls,' which can be found at <https://www.futurelearn.com>. As I access the weekly presentations, I'm sure I'll find out more how to prevent falls and may write more about this subject in our next newsletter.



No more toasters?

The recent wedding of our 'golden couple' of the Olympics Laura Trott and Jason Kenny highlighted a new slant on wedding gifts; their guests were asked to make donations to Dementia UK.

A recent exhibition of Britain in the 50's featured a tally of presents for a couple who got married in Dagenham in 1950. Unlikely to be seen on wedding lists today, these consisted of traditional gifts such as an ironing board, tea towels and an alarm clock.

Today the top gifts are more likely to consist of wireless speakers, spiralizers, coffee pod machines and smoothie makers.

The Wedding Shop has reportedly seen an increase in health-focused gadgetry; Harrods Home say that classic names are always on the list returning brands such as Wedgwood and Waterford to the wish lists. Couples like to have a 'where did you get that' or 'what a brilliant idea that was'.

But considering that more and more couples cohabit for longer period than they ever have done before and often have a fully equipped house before tying the knot could this new 'Trott-Kenny' idea be a fantastic way of supporting worthy causes whilst celebrating your special day?

Alzheimer's Memory Walk

Team Margrave were represented at the Alzheimer's Memory Walk at Painshill Park on Sunday 9th October walking for a world without dementia. Our team consisted of Jennifer, Alison and Joanne plus our new recruit Lacey.

Although the sun was shining it didn't get off to a great start as traffic was horrendous which meant as a team we did not get a chance to walk together but we all eventually completed the set distance (some quicker than others!). It was a lovely venue and a great cause. Thanks to those who kindly donated. So far we have raised £355.00.



Red (or should we say double yellow) alert!



We have recently been notified by Surrey County Council that double yellow lines are to be painted from the entrance to Down Road, to a distance of 10 metres up the road – meaning that there should be no cars between the entrance and our courtyard parking area.

What does this mean for you, our clients and other visitors?

We would warn you not to park on those yellow lines. It may seem an obvious statement but if you have been used to using those spaces, you may not notice the change.

But we consider it will make driving into and out of our parking spaces much easier as there will be more space to manoeuvre. If you know you will need to park in our spaces, then please let us know when the appointment is booked and we will ensure that there is one available.

The work should be in place some time in November.

And finally....

Saturday 1st October saw the long awaited graduation of Julie Orgill who is now a Fellow of the Chartered Institute of Legal Executives and as announced in a previous newsletter a long awaited official partner!

