

SAMPLE PLAN OF CARE

PREPARED FOR: _____, Spouse

CLIENT: _____, Wife

CARE MANAGER: Kira Reginato

DATE OF MEETING TO REVIEW PLAN: _____

REVIEWED WITH: Clients and family

The overall goal of a plan of care is to strive to assist the older person to attain the highest level of health and quality of life that is possible within his/her particular set of circumstances.

ASSESSMENT

This geriatric in-home assessment was requested by daughter, on behalf of her mother and was conducted DATE at her home in CITY. Living Ideas For Elders (LIFE) was hired to conduct a professional assessment of the care needs of this woman and provide appropriate resources for her and her family to consider.

SUMMARY OF FULL CLINICAL ASSESSMENT WOULD BE PROVIDED HERE WITH COMPREHENSIVE CONSULT, OMITTED WITH THIS SAMPLE.

In this sample case, client had Alzheimer's and several chronic health problems. Family was caring for her at home, considering moving her to an assisted living environment.

Care Categories often addressed in a Plan of Care

QUALITY OF LIFE

SAFETY

HEALTH/MEDICATIONS

LEGAL

ASSISTED LIVING HOUSING

INSURANCE

HOME CARE

HEARING

FINANCIAL

HOUSING OPTIONS

Example format for Recommendations:

CARE CATEGORY: CAREGIVERS' WELL-BEING AND BURDEN

IDENTIFIED CONCERN: Quality of Life for Family Caregivers

GOAL: Allow family to be more prepared for caregiving role for client.

SUGGESTION #1: Consider attending caregiver support group and workshops to learn about behavior common with Alzheimer's disease and be supported over time, as disease progresses.

Utilize LIFE care manager for education and support and to implement care plan suggestions, where needed, to lighten load.

▲ ACTION: Review groups below and try some out to see which one works with family members' schedules.

Caregiver Express, sponsored by Petaluma People Services Center, 25 Howard Street, Petaluma. 2nd and 4th Tuesdays, 1:30 - 3pm. Information sheet provided.

Catholic Charities, 987 Airway Court, Santa Rosa: 528-8712 x185
Share and Care, 2nd and 4th Tuesdays per month, 10-12 PM
You are Not Alone, 2nd and 4th Wednesdays, 7-8:30 PM

Alzheimer's Association, 1211 North Dutton Ave, Suite A, Santa Rosa - Caregiver group
3rd Thursday of month, 10-11:30 AM. 573-1210. Information sheet provided.

Primrose, 2080 Guerneville Road, Santa Rosa - Meets 1st Tuesday per month,
2:30-3:45 PM.

SUGGESTION #2: Meet with therapist who can encourage adequate self-care, provide individual support and improve coping skills.

▲ ACTION: Call MFT, brochure enclosed.

SUGGESTION #3: Learn about progression and caring for someone with Alzheimer's. As family has busy schedule, read literature on subject.

▲ ACTION: Read. Care manager loaned family book called Moving a Relative With Memory Loss. Handouts provided "Feelings Often Expressed By Caregivers and Care Receivers," "Compassionate Communication With The Memory Impaired," newsletter from Family Caregiver Alliance, Caregiver Resource Centers brochure, "Combativeness – A Behavior Problem," "Hidden Victims of Alzheimer's disease," "Support Groups - Why Bother," "Dealing with Anger," and "Guide to the Symptoms and Stages of Alzheimer's disease."