



Behavioural and Psychological Symptoms of Dementia in Residential Care
SITE/PROGRAM: _____
Contact/Phone: _____

MY DAILY CARE ROUTINE

Client Initials	Client PHN #	Client PID # (Internal Use Only)	Date Completed (dd/mm/yyyy)	Completed By
MY THINKING CHALLENGES AND ABILITIES			MY TRANSFER & MOBILITY:	
HOW I LIKE TO COMMUNICATE:			PERSONAL AIDE DEVICES I NEED:	
MY DRESSING HABITS/MY PERSONAL HYGIENE NEEDS (INCLUDING ORAL HEALTH):			MY DINING/DIET ROUTINE:	



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MY DAILY CARE ROUTINE continued

Client Initials	Client PHN #	Client PID # (Internal Use Only)
MY BATHROOM ROUTINE:		MY REST & SLEEP ROUTINE:
MY BATHING ROUTINES:		THINGS I LOVE TO DO:
WAYS TO HELP ME AVOID FEELING LONELY		THINGS THAT I FIND CALMING/THE WAY I LIKE TO BE APPROACHED:

My Daily Care Routine

Mrs. BC

Date: April 1 08

I like to be called *Mrs. C***** or *Barbara*

Important information about my care:

<p>MY TRANSFER:</p> <ul style="list-style-type: none"> • I am least steady in the morning because my blood pressure often drops when I stand up, so please stand by me at this time of day. • I get more and more steady with my walking as the day goes on • I use a 4 wheeled walker to keep me steady. • I need to be reminded kindly to use my walker as I often forget it. • No-skid socks are key to preventing falls for me • I don't like hip protectors and will pull them off if you put them on • My family knows about my dislike of hip protectors and supports me in my decision not to wear them 	<p>PERSONAL AIDE DEVICES I NEED:</p> <ul style="list-style-type: none"> • If I should ever need a catheter staying in my bladder for a period of time, please use a leg bag. Catheters I can see are too confusing for me and I get quite upset by them. • I don't wear glasses or hearing aides at this time. I hear quite well.
<p>MY DRESSING HABITS:</p> <ul style="list-style-type: none"> • Mornings are never my best time, so please don't rush me, and come back to me if I seem irritable about getting up • I can do a lot of my own dressing if you lay out my clothes and cue me action by action – ie. Let's get your shirt on now • Sometimes I will need you to help me get into clothes I find too complicated. • I like music and we are going to see if playing music while I dress is helpful or bothersome and overwhelming to me. 	<p>MY DINING/DIET ROUTINE:</p> <ul style="list-style-type: none"> • I am quite a social person and I like to sit at a table with others. • I don't tend to initiate a lot of conversation on my own, but I do enjoy it when you start the conversation. • If the dining room is very noisy and staff are talking to each other in other languages or without including me I become upset • Despite my Diabetes, I am not on a restricted diet, and can eat whatever I like. • I love chocolate.
<p>MY PERSONAL HYGIENE NEEDS:</p> <ul style="list-style-type: none"> • I need to be reminded to go to the bathroom regularly, as I tend to retain urine in my bladder if I wait too long (how often?) • I can wash my own genital area if you set me up to do it. • After I use the toilet, I sometimes need to be reminded to wipe my perianal area well with toilet paper. Sometimes I'm fine on my own. 	<p>MY REST AND SLEEP ROUTINE:</p> <ul style="list-style-type: none"> • I like to go to bed quite early after supper and tend to get up once or twice in the night to go to the bathroom, but I am usually easily redirected back to bed • Mornings are my least favorite time. Please let me wake up on my own schedule, and help me get dressed when you are the least rushed possible

<p>MY BATHING ROUTINE:</p> <ul style="list-style-type: none"> • I really quite enjoy my bath here, even though it is in a century tub • I enjoy washing myself in the water • Washing my hair does not particularly upset me. 	<p>TAKING MEDICATIONS:</p> <ul style="list-style-type: none"> • I hate taking pills and don't really understand why you keep telling me I need them. • Please help my doctors keep my pills to an absolute minimum, and preferably to be given to me once or twice a day • Please give me my bedtime pills right after supper when I am at my best • If I close my eyes and turn my head away from you when you offer me my pills, leave and come back to me in a few minutes. • If don't take my medications by mouth, please give me my loxapine by injection because it helps me to feel calm and have better control
<p>THINGS I FIND OVERWHELMING:</p> <ul style="list-style-type: none"> • I find situations that are overstimulating – ie. too many people, too much noise, too many people speaking at once very agitating • I cannot share my room with anyone as I find this hard to understand and can get quite agitated & threatening to my room mate. • If you try to push me too hard with your demands, that is when I get most grumpy with you. • Mornings are sometimes overwhelming to me, so please try to put most of my activities into the afternoons when I am more able to focus. 	<p>THINGS THAT I FIND CALMING:</p> <ul style="list-style-type: none"> • I really need my personal space, and don't do well if people keep coming after me when I need quiet • I love sweets, and sometimes this can distract me from feeling upset (Can we figure out if there are other key strategies – that we can recommend people use before a prn is tried) Can we figure out cues that tell us a prn is needed vs other approaches? • I like some music, but I can get overwhelmed if it is too loud • Sometimes a walk will help me to feel more calm
<p>I DO BEST:</p> <ul style="list-style-type: none"> • When you show me what you want me to do – ie imitate the action you want me to use, or do the same thing yourself (ie stirring a batter, or brushing my teeth) • When you anticipate things that will frustrate me, and help me to avoid those situations 	<p>THINGS I LOVE TO DO:</p> <ul style="list-style-type: none"> • I love to bake & do it best when you model for me the action you would like me to do with you • I love dogs • I like to talk about Cultas Lake and life on my aunt and uncle's farm • I like gardening and caring for plants • I love to take on the hostess role and make others feel welcome

Date for reassessment of strategies:



Getting to Know Me: Barbara Clare

I was born in Vancouver and have lived here all my life. (Need info here about her early life – who was important to her, important events). During the war, I worked as a dental nurse here in Canada. Sadly I lost my fiancé in the war at that time. That was a difficult time for me (if it was....)

I have been married on two occasions and have lost both my husbands. My daughter _____ and my son _____ visit me often, and are very keen for me to feel better. Last summer, I spent my summer at Cultus Lake at my cabin. I managed to be there alone, with only my children checking on me on the weekends. I was having some memory problems but nothing like this. I moved into Sunrise in November, but it has not been easy for me to adjust to this new situation.

I love to garden, I am an amazing canner and preserver, and jam maker, and I love Dean Martin and some of the crooners of past times. I really enjoy animals, and love to go out for walks with someone on a nice day. One of my favorite things to do is to host people in my home. I love to serve people and do it with grace.