

**Behavioural and Psychological Symptoms of Dementia in Residential Care**  
**SITE/PROGRAM:** \_\_\_\_\_  
**Contact/Phone:** \_\_\_\_\_

**MY DAILY CARE NEEDS**

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

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**SITE/PROGRAM:** \_\_\_\_\_  
**Contact/Phone:** \_\_\_\_\_

**MY DAILY CARE NEEDS 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 Needs

Mrs. BC

Date: April 1 08

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

Important information about my care:

<p><b>MY TRANSFER:</b></p> <ul style="list-style-type: none"><li>• 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.</li><li>• I get more and more steady with my walking as the day goes on</li><li>• I use a 4 wheeled walker to keep me steady.</li><li>• I need to be reminded kindly to use my walker as I often forget it.</li><li>• No-skid socks are key to preventing falls for me</li><li>• I don't like hip protectors and will pull them off if you put them on</li><li>• My family knows about my dislike of hip protectors and supports me in my decision not to wear them</li></ul>	<p><b>PERSONAL AIDE DEVICES I NEED:</b></p> <ul style="list-style-type: none"><li>• 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.</li><li>• I don't wear glasses or hearing aides at this time. I hear quite well.</li></ul>
<p><b>MY DRESSING HABITS:</b></p> <ul style="list-style-type: none"><li>• Mornings are never my best time, so please don't rush me, and come back to me if I seem irritable about getting up</li><li>• 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</li><li>• Sometimes I will need you to help me get into clothes I find too complicated.</li><li>• <b>I like music and we are going to see if playing music while I dress is helpful or bothersome and overwhelming to me.</b></li></ul>	<p><b>MY DINING/DIET ROUTINE:</b></p> <ul style="list-style-type: none"><li>• I am quite a social person and I like to sit at a table with others.</li><li>• I don't tend to initiate a lot of conversation on my own, but I do enjoy it when you start the conversation.</li><li>• If the dining room is very noisy and staff are talking to each other in other languages or without including me I become upset</li><li>• Despite my Diabetes, I am not on a restricted diet, and can eat whatever I like.</li><li>• I love chocolate.</li></ul>
<p><b>MY PERSONAL HYGIENE NEEDS:</b></p> <ul style="list-style-type: none"><li>• 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 (<b>how often?</b>)</li><li>• I can wash my own genital area if you set me up to do it.</li><li>• 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.</li></ul>	<p><b>MY REST AND SLEEP ROUTINE:</b></p> <ul style="list-style-type: none"><li>• 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</li><li>• 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</li></ul>

<p><b>MY BATHING ROUTINE:</b></p> <ul style="list-style-type: none"> <li>• I really quite enjoy my bath here, even though it is in a century tub</li> <li>• I enjoy washing myself in the water</li> <li>• Washing my hair does not particularly upset me.</li> </ul>	<p><b>TAKING MEDICATIONS:</b></p> <ul style="list-style-type: none"> <li>• I hate taking pills and don't really understand why you keep telling me I need them.</li> <li>• Please help my doctors keep my pills to an absolute minimum, and preferably to be given to me once or twice a day</li> <li>• Please give me my bedtime pills right after supper when I am at my best</li> <li>• 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.</li> <li>• 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</li> </ul>
<p><b>THINGS I FIND OVERWHELMING:</b></p> <ul style="list-style-type: none"> <li>• I find situations that are overstimulating – ie. too many people, too much noise, too many people speaking at once very agitating</li> <li>• I cannot share my room with anyone as I find this hard to understand and can get quite agitated &amp; threatening to my room mate.</li> <li>• If you try to push me too hard with your demands, that is when I get most grumpy with you.</li> <li>• 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.</li> </ul>	<p><b>THINGS THAT I FIND CALMING:</b></p> <ul style="list-style-type: none"> <li>• I really need my personal space, and don't do well if people keep coming after me when I need quiet</li> <li>• 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?</li> <li>• I like some music, but I can get overwhelmed if it is too loud</li> <li>• Sometimes a walk will help me to feel more calm</li> </ul>
<p><b>I DO BEST:</b></p> <ul style="list-style-type: none"> <li>• 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)</li> <li>• When you anticipate things that will frustrate me, and help me to avoid those situations</li> </ul>	<p><b>THINGS I LOVE TO DO:</b></p> <ul style="list-style-type: none"> <li>• I love to bake &amp; do it best when you model for me the action you would like me to do with you</li> <li>• I love dogs</li> <li>• I like to talk about Cultas Lake and life on my aunt and uncle's farm</li> <li>• I like gardening and caring for plants</li> <li>• I love to take on the hostess role and make others feel welcome</li> </ul>

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.***