

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
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:	

Developed by and Shared with Permission of Vancouver Coastal Health
Vancouver Community Mental Health Service

Provincial Best Practice Algorithm for Accommodating and Managing Behavioural and Psychological Symptoms of Dementia www.bcbpsd.ca

Behavioural and Psychological Symptoms of Dementia in Residential Care
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:

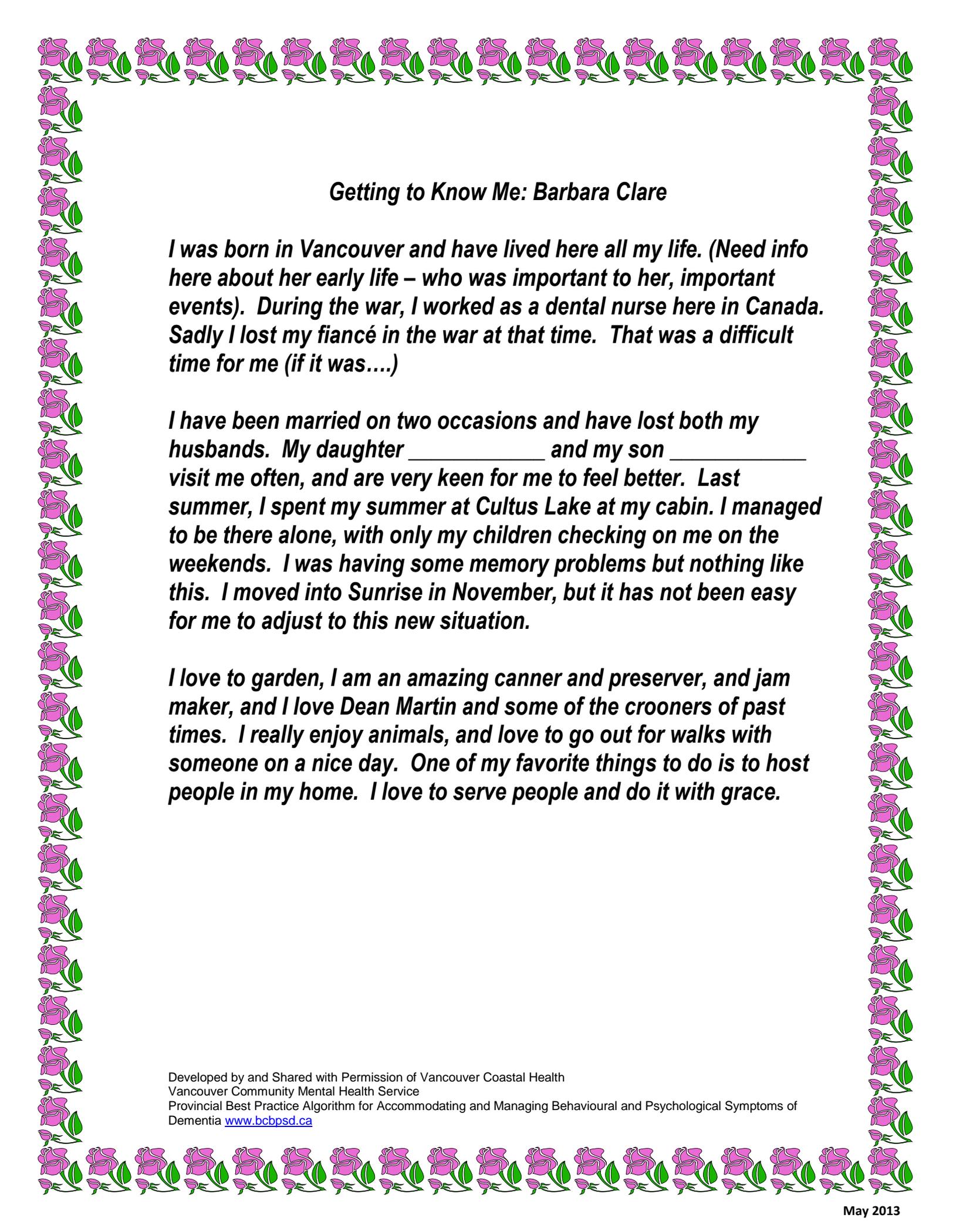
<p>MY TRANSFER:</p> <ul style="list-style-type: none"> • I am least steady in the morning because my blood pressure often drops when I stand up, so please stand by me at this time of day. • I get more and more steady with my walking as the day goes on • I use a 4 wheeled walker to keep me steady. • I 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

Developed by and Shared with Permission of Vancouver Coastal Health
Vancouver Community Mental Health Service

Provincial Best Practice Algorithm for Accommodating and Managing Behavioural and Psychological Symptoms of Dementia www.bcbpsd.ca

<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.