



MHA Spring Conference 4-3-08

April 2008



CARE PLANNING FOR QUALITY OF LIFE OUTCOMES

INSTRUCTED BY:

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Sample Care Plans for Cognitive Loss/Dementia

- Resident will converse to the best of her ability during discussions with SSD/AD during 1:1 visits 3x's wkly to maintain social engagement TNR.
- Resident will correctly identify various objects during 1:1 sensory stimulation visits to help maintain object identification/memory skills, TNR.
- Resident will engage in small group programming 3x's/week AEB answering questions, following simple directions, singing along to favorite songs, clapping hands, etc to promote a sense of accomplishment, TNR.
- Resident will attend small group programs 3x's/wk TNR without showing signs of distress (restlessness, agitation, tearfulness, etc) to maintain psychosocial well-being
- Resident will show no signs of distress (tearfulness, agitation, restlessness, negative statements, etc) R/T memory loss dly, TNR
- Resident will show no signs of distress (restlessness, increased respirations, agitation, etc) during 1:1 sensory visits with Activities 3x's weekly TNR.
- Resident will independently attend 1 group program after a staff member reminds him/her of the time and location of an activity to help promote a sense of accomplishment, dly, TNR.
- Resident will make 1 decision daily (or during _____) to promote a sense of well-being, wkly, TNR

Care Plans

April 2008



Sample Care Plans for Cognitive Loss/Dementia

- To prevent social isolation, resident will continue to attend the weekly sing-a-long, TNR.
- To maintain memory skills, the resident will attend and join the conversation during the weekly reminiscing group, TNR.
- Resident will read 1 scripture from the Bible during morning devotions to retain reading skills weekly TNR.
- Resident will smile and hold SSD/AD's hand during 1:1 visits each week TNR to promote interaction with others.
- Resident will complete a given task during each 1:1 visit with SSD/AD to promote a sense of well being, 3x's wkly TNR
- Resident will recall the location of her room daily TNR to prevent distress.

Sample Care Plans for Short Term Rehab

- Resident will pursue independent leisure interests (reading the daily paper, completing crossword puzzles, and watching favorite TV programs) dly TNR to maintain long standing leisure routine.
- Resident will choose 1 activity from the Activity Cart each day TNR to enhance leisure interests.
- Resident will agree to attend 1 evening program each week TNR to promote socialization with others.
- Resident will attend morning exercise class 3x's each week TNR to compliment physical therapy.
- Resident will explore potential activity interests with AD 2x's wkly TNR to improve leisure skills
- Resident will agree to 1:1 visits with SSD/AD 2x's weekly without showing signs of agitation.
- Resident will continue practicing morning devotions each day TNR to promote a sense of normalcy.
- Resident will interact with table mates during meals dly, TNR to promote socialization.
- Resident will participate in life of the facility by agreeing to attend 2 group activities each week TNR to prevent social isolation.
- To promote psychosocial well-being, resident will attend at least 2 group activities each week, TNR

Sample Care Plans for Short Term Rehab

- Resident will participate in decisions needing to be made effecting Discharge plans PRN TNR to retain a sense of control.
- Resident will identify 1 positive aspect of current life situation during each 1:1 visit with SSD with prevent feelings of despair.
- To retain P/S well-being, resident will agree to sit in lounge area with others 2 evenings per week.
- To assure socialization with others, resident will eat meals in Rehab DR at least two x's/day.
- Resident will not show s/sx of depression r/t current situation dly, TRN
- Resident will agree to develop a Life Story with SSD during 1:1 visits to promote a sense of accomplishment/positive self image, TNR.

Sample Care Plans for Long Term Care Residents

- Resident will agree to be a 'greeter' during Social Hour each week TNR to promote a positive self image.
- Resident will continue to actively pursue long standing leisure interests (solitaire, word searches and reading the paper) each day TNR.
- Resident will agree to roll silverware for the dietary department 2x's weekly TNR to promote a sense of contribution.
- Resident will contribute to life of the facility by agreeing to call Bingo 1 time each week TNR.
- Resident will attend Resident Council each month TNR to promote a sense of empowerment.
- Resident will visit with 1 other resident each week TNR to promote a sense of well-being.
- Resident will share 1 recipe with the members of the cooking class 1x/month to promote a sense of pride.
- Resident will agree to 'friendly visits' from Social Services/Activities staff 1x each week to prevent social isolation.
- Resident will interact with peers during each group activity to maintain social skills

Sample Care Plans for Depression

- Resident will state 1 positive aspect of current life situation during 1:1 visits with SSD/AD each week TNR.
- Resident will agree to attend the intergenerational program each month to promote long-standing interest and delight in children.
- To prevent further feelings of despair, resident will not make negative statements about current life situation during 1:1 visits with SSD, 3x's wkly TNR.
- Resident will agree to leave her room 2x's wkly TNR with SSD/AD to prevent isolation.
- Resident will attend exercise group 3x's weekly TNR to help combat feelings of sadness.
- Resident will attend Comedy Hour 1x each week TNR to have the opportunity for laughter.
- Resident will work with SSD/AD during weekly 1:1 visits TNR to complete a Life Review, confirming meaning and purpose.
- Resident will identify and pursue 1 leisure activity each week TNR that would alleviate psychosocial distress.
- Resident will continue to find strength from her faith and will attend evening vespers each week TNR.

Sample Care Plans for Behaviors

To prevent psychosocial distress:

- Resident will not interrupt others or monopolize the conversation during group activities (or when conversing with others), dly TNR
- Resident will not disrupt group activities by yelling out, dly TNR
- Resident will not curse during group activities, dly TNR
- Resident will not take others belongings during group activities, dly TNR
- Resident will not strike out at peers, dly TNR
- Resident will not make derogatory statements about others, dly TNR
- Resident will not wander into other's rooms or take their belongings dly, TNR

To promote psychosocial well being and prevent behaviors:

- The resident will actively engage in a structured activity program throughout each day TNR
- The resident will appropriately interact with peers during group activities each day TNR i.e., no cursing, derogatory comments
- The resident will agree to attend his/her favorite activity (_____) each day/week TNR
- The resident will perform therapeutic work (sweeping the front porch) each day (weather permitting) TNR

Sample Behavior Plans

- Resident will not cause harm to self or others dly TNR.
- Resident will respond to staff intervention within ___minutes AEB ceasing the behavior.
- Resident will not curse at others when angry dly, TNR
- Resident will not strike out during ADL care dly, TNR
- Resident will not disrobe in public areas within the facility dly, TNR
- Resident will wander in designated areas only dly TNR
- Resident will not go into other residents rooms dly TNR
- Resident will find alternate ways to express anger (seeking out SSD, hitting a pillow, taking a walk, etc) dly TNR

Behavior Management Interventions

- Comfort food
- Personal Music
- Prayer
- Move to quiet area
- Relaxation
- Rest
- Television
- Go for a walk
- Lights on / light off
- Decreased stimulation
- Massage
- One to one attention
- Toileting
- Warm bath
- Rocking chair
- Pain management
- Rub back
- Humor
- Hold hand
- Give candy
- Reapproach later
- Exercise
- Reduce clutter
- Hugs
- Meet physical needs: toilet, hunger, pain
- TLC
- Coffee break
- Allow resident to sit at nurses station
- Discuss home, mom, dad, children
- Place room barrier on door
- Secure resident's personal belongings
- Give them something to hold: teddy bear, cookie
- Reassure them they are safe
- Encourage family visit
- Validate their feelings
- Allow them to call their family
- Sing a song with resident
- Remove unsafe objects
- Redirect conversation to pleasant topic
- White Noise
- Allow them to vent feelings, thoughts
- Aromatherapy
- Find items that are missing
- Use visual cues
- Limit length of Activities