

Care Plan

Name: Stavros Vassillou Date of birth: 27/4/1942
 Address: 121 Erindale Crescent
 Contact no: 9555 5555
 Doctor: Alan Trudeau Doctor's contact no: 9333 333
 Medicare no: 850682902 8 Pension no: 888888888S

Care alerts (write in red) For example: allergies, drug reactions, smoker, falls risk, diabetic

Smoker, Wanders. Can cause a risk situation if using knife – needs to be redirected towards a more meaningful activity (eg meal preparation). Re-direct Stavros to other meaningful activities when attempting to go to work or leave the house.

Communication

Preferred name: Stavros

Care needs: Loss of memory. Unable to express needs adequately

Goal: (expected outcome) Effective communication will be maintained

Vision		Hearing	
Aids	glasses magnifying glasses Clean and fit glasses daily Able to clean own glasses	Aids	hearing aids (right left) Adjust volume daily Check batteries and clean aids daily
	Place objects in range of vision Read aloud - letters/documents Assist to write Assist to use telephone		Gain attention before speaking Speak loudly, clearly and directly Allow extra time for response Give step-by-step instructions Use repetition when difficulty persists
Other		Other	
Eye care required		Ear care required	
Speech and language		Comprehension issues (For example: inappropriate responses)	
Language/s spoken Greek/English		When angry – shouts, paces and raises fist Cries when unable to understand directions – calls “help” or wife’s name	
Speech disorder/s			
	Translate for resident Take time to listen Initiate conversation Use language cards Use picture cards		
Other			

Mobility

Care needs:

Goal: (expected outcome)

Ambulation (walking)		Transfers	
	ambulant (able to walk) non-ambulant (unable to walk)	independent weight bearing (able to stand) non-weight bearing (unable to stand) 1-staff assist 2-staff assist hip replacement knee replacement amputee (left right)	
Aids	walking stick zimmer frame wheelchair quad stick wheeled walker	Aids	bed rail slide sheet gait belt hoist standing hoist Hoist sling type and position of loop
Other		Other	

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	Provide direction Supervise movement Encourage to maintain mobility	
Other		
Toileting and continence		
Care needs:		
Goal: (expected outcome)		
Continence		
Bladder control	continent incontinent catheter (occasionally frequently total incontinence)	
Bladder management	Toilet (times) Other	
Bowel control	continent incontinent constipation colostomy (occasionally frequently total incontinence)	
Bowel management	high fibre diet encourage fluid intake aperients bowel chart	
Continence aids	Day Night	
Toileting		
Toileting aids	commode urinal uridome kylie bed pan over-toilet frame Other	
Toileting regime	independent supervise some assistance/prompt fully assist Adjust clothing Position on toilet Encourage self care Clean perianal area Other	
Showering, dressing and grooming		
Care needs:		
Goal: (expected outcome)		
Shower and washing		
	independent supervise some assistance/prompt fully assist shower bath bed sponge flannel wash Frequency Preferred time Adjust water temperature Encourage to optimise self care Other	
Transfer	walk to shower wheelchair Other	
Showering aids	shower chair Other	
Toiletries	normal soap deodorant aqueous cream moisturiser (am pm) Other	
Hair care	wash in shower wash in bath Preferred days	
Grooming		
Hair care	independent supervise some assistance/prompt fully assist Hairdresser Facial hair wet shave dry shave Frequency daily Hair removal Frequency	
Nail/foot care	independent supervise some assistance/prompt fully assist Podiatry visits	
Teeth	none some (upper lower) all Cleaning routine	
Dentures	none partial full (upper lower) Night in out	

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	Cleaning routine				
Dressing and undressing					
	independent callipers	supervise splints	some assistance/ Other	prompt	fully assist
Cultural dressing					
Dressing assistance	bra stockings Assist with selecting clothing	singlet socks	buttons jewellery Other	belt make-up	zips shoes
Pressure area and skin care					
Care needs:					
Goal: (expected outcome)					
Norton Scale	Score	[X] low risk	[] medium risk	[] high risk	
Pressure relief aids	bed cradle	sheepskin	cushion	bedrail/protectors	Other
Pressure area regime	Reposition in bed special mattress (type)		Reposition in chair personal chair	Frequency	
	Other/specific orders				
Skin care	emollient cream to dry skin areas (daily twice daily) Preferred time/s				
Eating and drinking					
Care needs:					
Goal: (expected outcome)					
Eating					
	independent right-handed	supervise left-handed	some assistance/prompt	fully assist	
Preferred place to eat	dining room	bedroom	Other		
Type of diet	normal	soft	modified soft (minced)	puree	
Special diet	high fibre	diabetic	enteral feeding (PEG/NGT)		
Special instructions					
Aids	modified crockery built up cutlery	modified cutlery clothing protector	bowl	lipped plate Other	
Drinking					
	independent right-handed	supervise left-handed	some assistance/prompt	fully assist	
Aids	modified cup	clothing protector			
Thickened fluids	level 1	level 2	level 3	Type of thickener to be used	
Sleep and settling routines					
Care needs: Restless. Wakes at slightest noise					
Goal: (expected outcome) Sleeps for longer periods without waking					
	Usual time to rise 0530		Usual time to bed 2000		Rest time (am pm)
	Preferred sleeping position				Pillows required
Sleep Aids	massage	music	hot packs	Other	
Room	light on	door open	door closed	bedrail/protectors	Other
Night-time patterns	Sleeps for short periods (2 hours) during night. Awake and wandering around house				

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Other preferences (For example: hot drinks or snacks)				
Night checks	every hour	every 2 hours	Other	
Medications				
Current medications	eye drops	ear drops	Other	
	independent pre-packed	supervise measure	some assistance/prompt self-administer	fully assist
Blood sugar level testing	independent Frequency	supervise	some assistance/prompt	fully assist
Specialised care plans				
Refer to specialised care plans for	<input checked="" type="checkbox"/> Medications <input type="checkbox"/> Pain management <input type="checkbox"/> Wound care <input type="checkbox"/> Therapy <input checked="" type="checkbox"/> Restraint management			
OHS				
Completed injury risk assessment forms	Home environment	Yes	No	
	Client assessment	Yes	No	
Social and human needs/activities				
Care needs: Frequent social contact with family and friends				
Goal: (expected outcome) Social contacts are maintained				
Frequency of visit/contact by family/friends Lives with wife. 2 Adult sons visit daily. Business Partner (Nico Michaelides) visits weekly to play dominoes.				
Religion beliefs/practices Greek Orthodox				
Pastoral requirements Attends place of worship (day/s)				
Cultural needs Visits Janderby Community Centre weekly for interaction with other Greek Community members				
Hobbies/interests Gardening, Cooking, Greek Dancing Employment history Retired Builder (32 years)				
Pets Birds Name/s Charley, Co- Co Type/s Budgerigars				
client manages pet requires prompt and assistance in pet care fully assist pet care				
Social group/s Belongs to Greek National Dance Group				
Preferred activity/games dominos, cooking, gardening				
Community care social outings Janderby Community Centre (Frequency Weekly -Tuesday)				
Requirements Wife drives Stavros to all outings/appointments				
Taxi vouchers Yes No				
Domestic needs/activities				
	independent	supervise	some assistance/prompt	fully assist
	Frequency (daily	every 2 nd day	weekly	fortnightly Other)
Requirements	Shopping Washing clothes Cleaning Cooking Transport			

	Gardening Other
Emotional support	
<p>Allow time to communicate wants, needs and choices</p> <p>Allow expression of appropriate emotions</p> <p>Establish level of emotional support daily</p> <p>Orientate to time ,day and date</p> <p>Re-direct to "building area" in back garden if attempting to go to work</p>	
Behaviour	
<p>Care needs: Client becomes unsettled if usual routine changes – cries and doesn't respond</p> <p>Goal: (expected outcome) Reduce clients behaviour by maintaining usual routine</p>	
<ol style="list-style-type: none"> Client has a usual daily routine of spending 2 hours in the morning and 2 hour in the afternoon doing gardening. This consists of digging, pulling out weeds and picking vegetables. Needs to be directed to activities. Allow client opportunity to sit and admire garden. Use this time to help client to reminisce. Cassette player on verandah has Greek music tapes. Client likes to help with meals. Will insist on preparing a meal if wife leaves the house. Need to re-direct his actions if client puts himself at risk such as, using a knife or trying to light stove. Client has been retired for two years from his building business. If he is woken unexpectedly during the night or hears noises that sound like hammering he will get himself dressed for work. Will become fearful if not spoken to correctly. Re-direct towards building area in backyard and offer a meaningful activity related to building. 	
<p>Additional comments (For example: special needs, restraint, routines, pain, palliative care, pacemaker)</p> <ol style="list-style-type: none"> Client had an incident during his National Service in Greece. He was attacked by another soldier with a knife. When agitated, or, feels "being bossed around" or with unfamiliar people, he will talk about this situation. If allowed to hold a knife he will wave it about and repeat "chop him". Need to re-direct him to reduce risk. 	
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Terminal care recorded Yes No	
Date care plan evaluated (document in progress notes)	Signature <i>L. Carter</i> (Senior Care Worker)
Fitzroy Falls Aged Care Facility use only	
Entered in progress notes yes	Date
Signed <i>L. Carter</i>	Print name Linda Carter Position title Senior Care Worker
Review date every 3 months	