

**Age:** 77

**Gender:** Female

**Nationality:** Jordanian

**Living Situation:** Independent apartment with visiting nurse

**Primary Language:** Arabic

**Education:** Secondary School Graduate

### **Physical Health**

Hypertensive and diabetic, Fatima is overweight and uses a rollator walker. She performs light home-based aerobics twice a week as advised. Reports tingling in feet, likely peripheral neuropathy.

### **Cognitive Function**

Mild decline; Montreal Cognitive Assessment (MoCA): 21/30

Still manages banking and appointments with reminders. Occasionally forgets names or misplaces items. Insight and judgement are preserved.

### **Daily Life Management**

- Independent in toileting, dressing, eating
- Needs assistance with glucose monitoring, medication dosage
- Uses a large-print calendar and color-coded medication tray

### **Prescribed Medication Plan**

- Metformin 500 mg – twice daily, with meals
- Amlodipine 10 mg – once daily
- Gabapentin 100 mg – at night, for neuropathy
- Vitamin B12 injections – monthly (administered by nurse)

### **Care Notes**

Fatima is motivated, alert, and enjoys cooking and reciting poetry. Periodic bloodwork and diabetic foot exams are recommended.