

Name: Margaret L. Whitmore

Age: 81

Gender: Female

Marital Status: Widowed

Living Arrangement: Independent living in a retirement community (assisted meals & housekeeping)

Ethnicity: Caucasian

Language Spoken: English

Former Occupation: Librarian

Physical Activity & Mobility

Margaret maintains low-to-moderate mobility. She walks with a cane and can ambulate short distances independently, though she avoids stairs. She participates in chair yoga twice a week and uses a stationary bike under supervision. She reports occasional dizziness upon standing (orthostatic hypotension) and has a history of two minor falls within the past year.

Cognitive Function

Mild Cognitive Impairment (MCI) has been diagnosed. Margaret displays intact long-term memory but struggles with short-term recall and multi-step instructions. She scores 24/30 on the Mini-Mental State Examination (MMSE). She remains oriented to time and place but benefits from visual reminders.

Activities of Daily Living (ADLs)

- **Independent:** Toileting, eating, grooming
- **Assistance needed:** Bathing (due to fear of slipping), medication management
- **Supervision:** Meal preparation (due to risk of forgetting stove)

Medication Schedule

- Donepezil 10 mg – once daily, taken in the morning with food
- Metoprolol 50 mg – twice daily (morning & evening)
- Calcium + Vitamin D – once daily, with lunch
- Clonazepam 0.25 mg – as needed, max 1x per day for nighttime anxiety

Remarks & Recommendations

Margaret would benefit from a pill organizer and supervision during showering. A fall prevention program and cognitive stimulation activities (crossword clubs, memory games) are advised.