

**Age:** 89

**Gender:** Male

**Nationality:** Japanese-American

**Living Situation:** Resides with daughter and son-in-law

**Education:** Bachelor's Degree in Engineering

**Language:** Bilingual (Japanese and English)

### **Physical Activity**

Mr. Yamamoto practices tai chi thrice weekly and takes brief walks around the neighborhood, supported by a walker. Despite moderate osteoarthritis in the hips and lower spine, he remains physically engaged and adheres to prescribed physiotherapy.

### **Cognitive State**

Dementia, moderate stage. MMSE: 17/30

Symptoms include confusion with dates and names, repetitive questions, and increased reliance on caregivers. However, his social engagement is high, and emotional responsiveness remains preserved.

### **Daily Functioning**

- **Requires full support** for cooking, financial management, and medication administration
- **Partial support** for dressing (due to buttoning difficulties), showering, and grooming
- **Independent in feeding** and uses assistive utensils with grip

### **Medication List**

- Memantine 10 mg – twice daily, morning and evening
- Losartan 100 mg – once daily, with breakfast
- Senna tablets – as needed for constipation, maximum 2 per day
- Multivitamin – once daily

### **Additional Notes**

Caregiver support is consistent. Home modifications (grab bars, non-slip mats, door alarms) have been implemented. Music therapy and reminiscence therapy are showing positive results in mood stabilization.