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| **Name: Diane** | **Diagnosis and Symptoms:**  Posterior Cortical Atrophy causes visual/spatial problems. Symptoms include memory loss and difficulty communicating, sensitivity to light and migraine headaches, poor vision, unable to read, difficulty finding her way around the home and finding specific things, and trouble with coordinating tasks like getting dressed. |
| **Spouse: John** |
| **Aunt: Sofi** |
| **Communication:**  Diane is hard of hearing, please speak loudly without yelling. Repeat yourself if needed. Keep the TV volume up to 55 so she can hear it. She has difficulty finding words and using complete sentences. She still enjoys talking with people though. You may need to ask her yes/no (are you hungry?) and either/or questions (do you want to go upstairs or outside?) and she will let you know if you guessed correctly, or she may give you more clues. | |
| **Mobility & Getting Around:**  Diane can walk but she bumps into things, loses her balance, and gets lost and disoriented easily. Help her by keeping an eye on her and asking yes/no questions to find out where she wants to go. Guide her by the hand, telling her where you are going and make sure she holds on to the stair railing if going up/down the stairs.  **Downstairs:** She may need help finding her reclining chair, the bathroom, the kitchen, the cat food in the bottom sideboard opposite the kitchen table, or the backyard or the stairs  **Upstairs:** She may want to go to her art room, the master bedroom (she sits on the ottoman in the bedroom to changes her clothes), or the guest bathroom where she washes up | |
| **Personal History:**  Diane was adopted and she has a close relationship with her biological mother who lives in Texas. She has had anxiety and depression since she was a teenager and has intense emotional responses to perceived threats of abandonment. | |
| **Interests & Preferences:**   * Keep the lights low/dim, help her wear dark glasses (in her basket) and a hat if she goes outside (near coatrack) * Diane sleeps from 8pm to 11am-1pm * Diane watches Good Morning America when she wakes up (it is recorded for her on DVR under Diane folder) * Other TV programs and movies in the Diane folder on DVR: Monk, Mannix, Mash, Project Runway, America’s Got Talent * Diane enjoys drawing, listening to calming music and Deepak Chopra meditation CDs, watching old movies and detective shows (CDs and DVDs in art room) * Diane needs help listening to detective mystery audiobooks on her cell phone at bedtime * Diane likes to listen to music when she makes artwork, her favorites: Ambrosia (80s), Ensemble (Classical) and Aura (New Age) | |
| **Migraine headaches:** If she seems in distress or has placed a cloth over her eyes she may have a migraine and could be given 2 migraine tablets (on counter). She may need to be taken upstairs to the bedroom where she can lie down and possibly have a sleep mask put on. | |
| **Grooming & Hygiene:** Diane needs help finding the bathroom and changing her clothes. She sits on the ottoman to change her clothes. Hand her clothing items oriented to make it easier to put on. Diane needs help flushing the toilet and washing her hands. She needs verbal and tactile cues for washing up and getting dressed. | |

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| **Daily Routine** | | |
| **Time** | **Activity** | **How to help** |
| 11am – 1pm | * Wake up & watch Good Morning America * Breakfast | * Make coffee, toast, and fried eggs * Set out morning medications |
| 2pm-5pm | * Exercise in art room * Listen to meditation or music in art room * Watch TV in recliner * Listen to music while doing art work | * Help set up TV or music and make sure it is loud enough * Ask her where she wants to go and help her navigate the house by the hand * Help her to the bathroom as needed * Offer snacks and beverages |
| 5pm-7pm | * After doing art she may want to watch Monk or the News (209 MSNBC) or TCM (135) Turner Classic Movies * Dinner | * Prepare dinner * Help her set up what she wants to watch on TV and make sure she can hear it |
| 7pm | * Call aunt * Eat a protein bar in the kitchen | * Help Diane call her aunt * When Diane gets up to get a protein bar from the kitchen, ask her if she is ready to go to bed |
| 7:30pm | * Wash up and get ready for bed | * Make sure Diane has graham crackers, and pink beverage containers in her basket. Help Diane carry the basket upstairs. * Guide Diane by the hand upstairs to the bedroom to take off her jacket and glasses. Put jacket on the ottoman and put glasses in the basket. * Guide Diane to the guest bathroom and give verbal prompts and tactile cues to help her brush her teeth, put in eye drops, pump face lotion on her hands and instruct her to put it on her face * Prompt her to use the toilet * Guide Diane back to the ottoman in the master bedroom. Instruct her to take off her pants and put on pajama pants |
| 8pm | * Go to bed * Listen to an audiobook on cell phone | * Help Diane get settled in bed * Set up mystery audiobook with headphones * Turn off the bedroom and hallway lights but leave the bathroom lights on |