

# **CREATING A SAFE AND REALISTIC PLAN OF CARE**

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# OVERVIEW

- *The care planning process*
- *Addressing key safety concerns*
- *Home care essentials*

# THE CARE PLANNING PROCESS

- *Person-centered*
- *Agreed-upon goals*
- *Comprehensive assessment*
- *Involves the entire client/family system*
- *Addresses short-term needs: medical, social, safety, quality of life*
- *Addresses long-term needs: financial, legal, quality of life*

# ESSENTIAL ELEMENTS OF A PLAN OF CARE

- *Demographics: emergency contacts, representatives*
- *Stated goals and timelines*
- *Medical history: physical, cognitive, mental health*
- *Social history*
- *Functional assessment: basic and instrumental activities of daily living*
- *Schedule of activities, which addresses:*
  - *Safety needs*
  - *Personal care needs*
  - *Household needs*
  - *Social needs: emotional, intellectual, spiritual*

# **DEMENTIA AND SAFETY**

- *Judgment*
- *Memory loss*
- *Orientation to time and place*
- *Behavior*
- *Physical abilities*
- *Sensory changes*

# **SAFETY: ADDRESSING MEDICAL CONCERNS**

- *Common comorbidities and complications*
- *Medication safety:*
  - *Compliance*
  - *Polypharmacy*
  - *Interactions*
- *Driving*

**SAFETY:  
ADDRESSING  
FINANCIAL  
CONCERNS**

- *Daily money management*
- *Mail handling*
- *Charitable giving*
- *Financial abuse*

**SAFETY:  
ADDRESSING  
SOCIAL  
CONCERNS**

- *Household safety*
- *Wandering*
- *Social isolation*
- *Intellectual engagement*
- *Undue influence*



**SAFETY:  
ADDRESSING  
LEGAL  
CONCERNS**

- *Advanced health care directive planning*
- *Durable powers of attorney*
- *Guardianship and conservatorship*

# **HOME CARE: THE BASICS**

- *Home health care versus custodial in-home care*
- *Identifying a provider*
- *Costs*

# **HOME CARE: ADDRESSING SAFETY**

- *Screening*
- *Employment concerns*
- *Financial and legal liabilities*
- *Care planning*
- *Care management*

# REVIEW

- *The care planning process: who, what, why, when?*
- *Addressing key safety concerns:*
  - *Medical*
  - *Financial*
  - *Social*
  - *Legal*
- *Home care:*
  - *Identifying a provider*
  - *Safeguards*

# **CONTACTS**

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