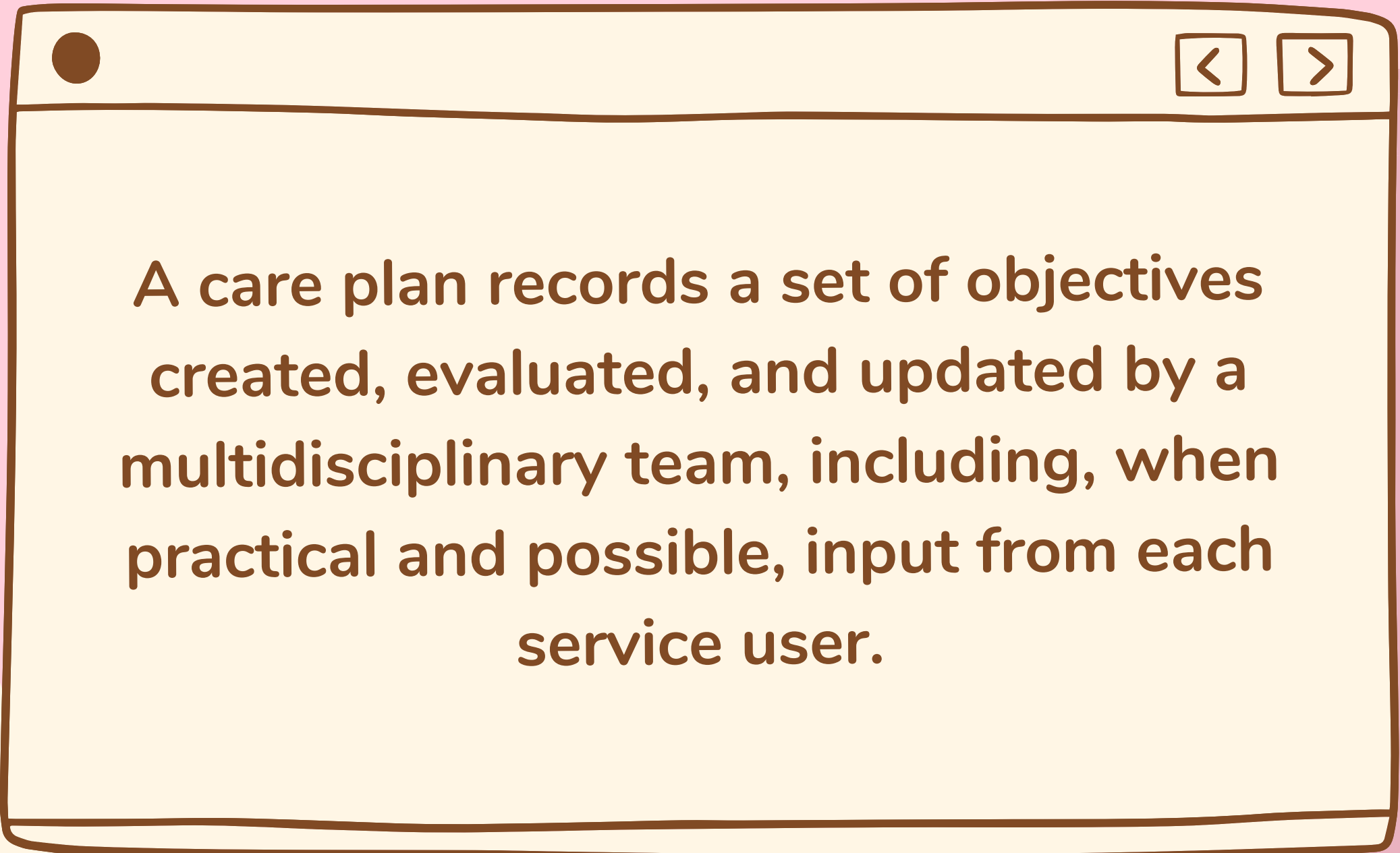


Care Plan

Fozeea Jabeen



What is a care plan?



A care plan records a set of objectives created, evaluated, and updated by a multidisciplinary team, including, when practical and possible, input from each service user.

Importance of good care plan



A strong care plan will:
Ensure that everyone is working toward the same objectives; improve treatment by putting the needs of the service user first; and
determine the recovery supports the service user needs, and involve the service user, their family, and other recovery supporters.

The care plan



WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?

At the current time, the patient is going through some mental health issues where the patient feel low and depressed. If this mental health issue is considered and given proper care, the patient will be able to overcome and recover from the stress.

The patient wants to involve themselves in the care and supporting planning so that the general practitioners and the nurses, including other staff members, are well aware of their preferences. Then, they can make decisions that are about themselves while receiving care.

WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?

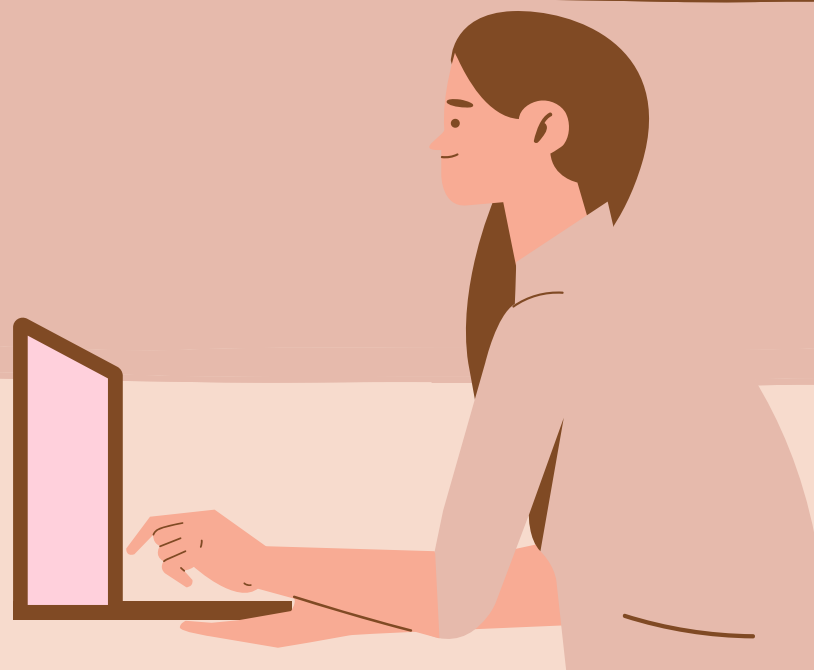
Patient want the
practitioners and the
staff members to know
that they can decide for
themselves and can
make decisions that are
related to their health
and care plan.

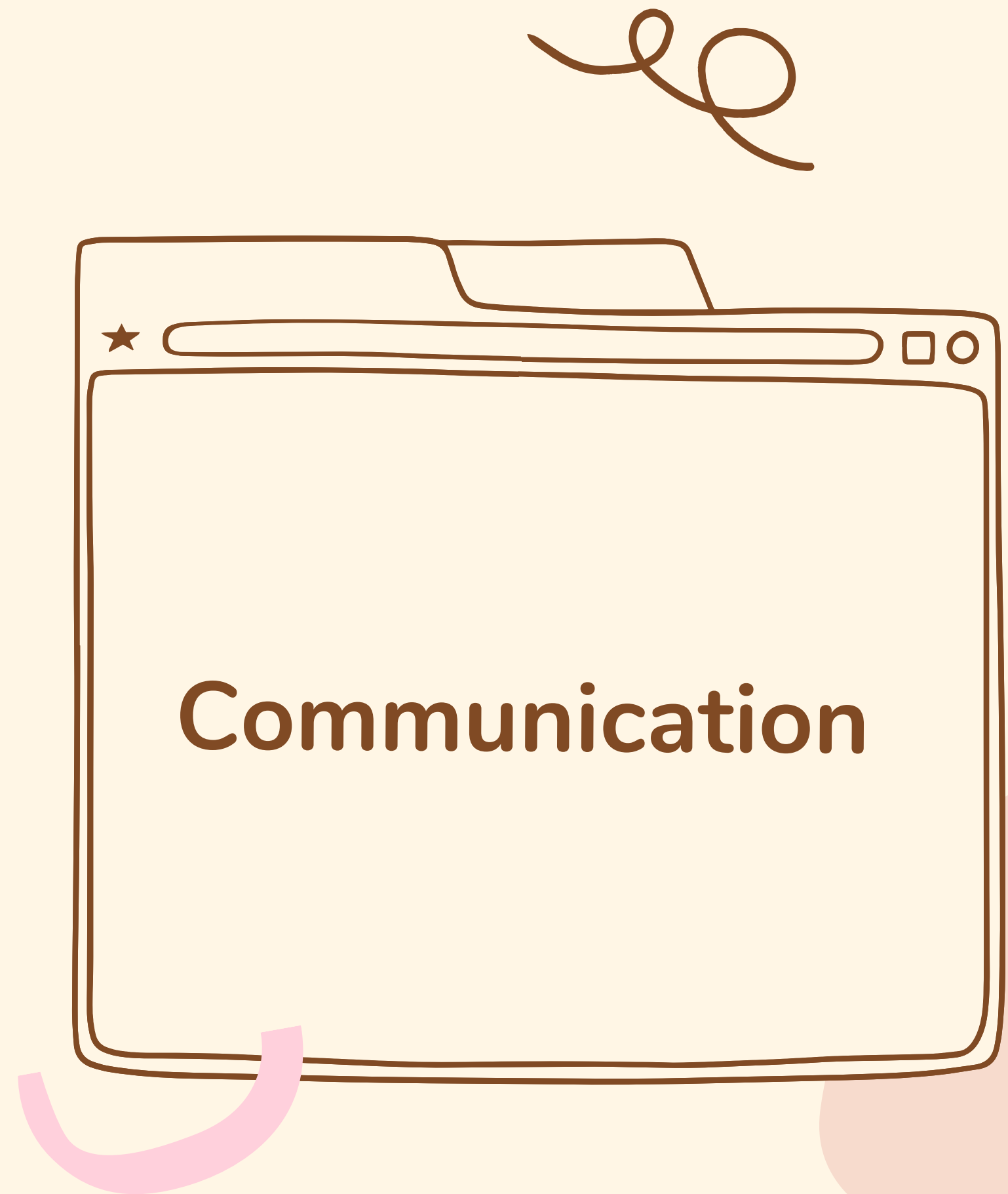
HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?

The staff should ensure that
patient is taking my medicines on
time and not missing any daily
dosage.

Please do remember that the
patient wants to make their own
decisions in every area related to
their health, so do not make any
assumptions without asking
them.

Ensure that they are given care
and assistance when required





WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?

The patient's name is Daniella, and would like people to call them Dannie. They understand and speak English and can convey their feelings and wishes to the concerned person without problems. However, she would be more satisfied if the staff members approached her directly instead of ringing the call bell in her room.

She has sleep disturbance and lack of concentration, so she requires extra care

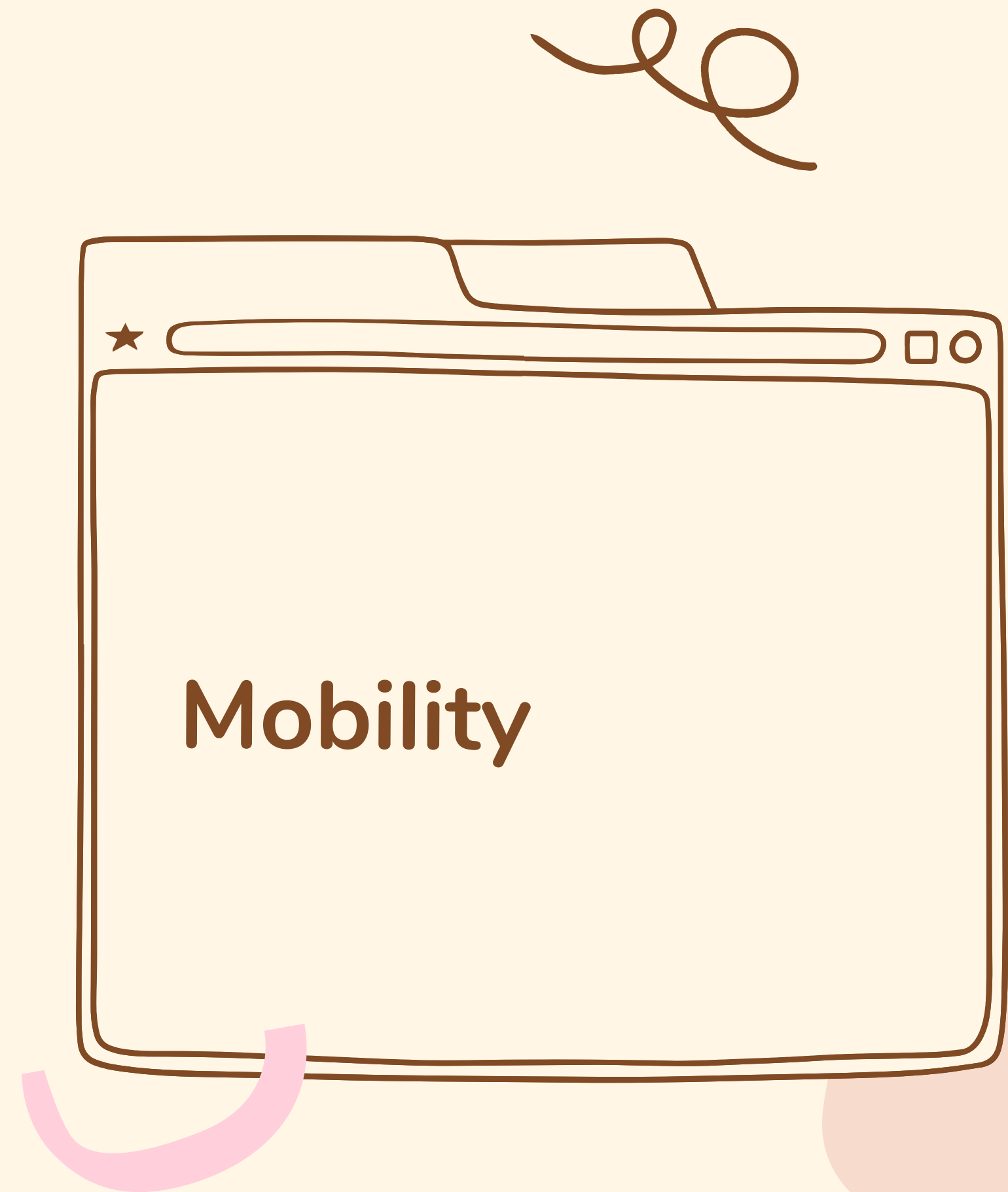
WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?

To be given care and
treatment based on her
preferences and her
needs

HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?

Make notes so there are no
difficulties in treating her.
Make sure to note the things
she requires because it is
hard for her to concentrate
and remember things.





**WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?**

She always walked in my backyard with her husband when she was at home. It used to make her feel healthy and fit.

She prefers the staff to take her for a walk every day so she keeps moving rather than staying in the same room for the entire day.

She wants the staff member to interact with her in activities requiring movements and walking so she can stay fit and motivated to be healthy.

**WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?**

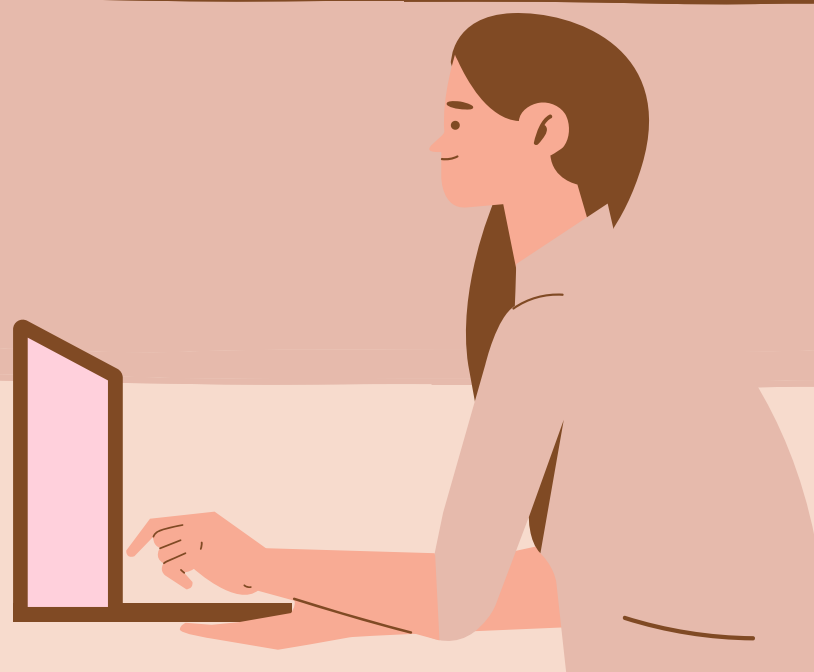
**To stay fit and healthy
and keep moving rather
than sitting in one
position for the entire
day**

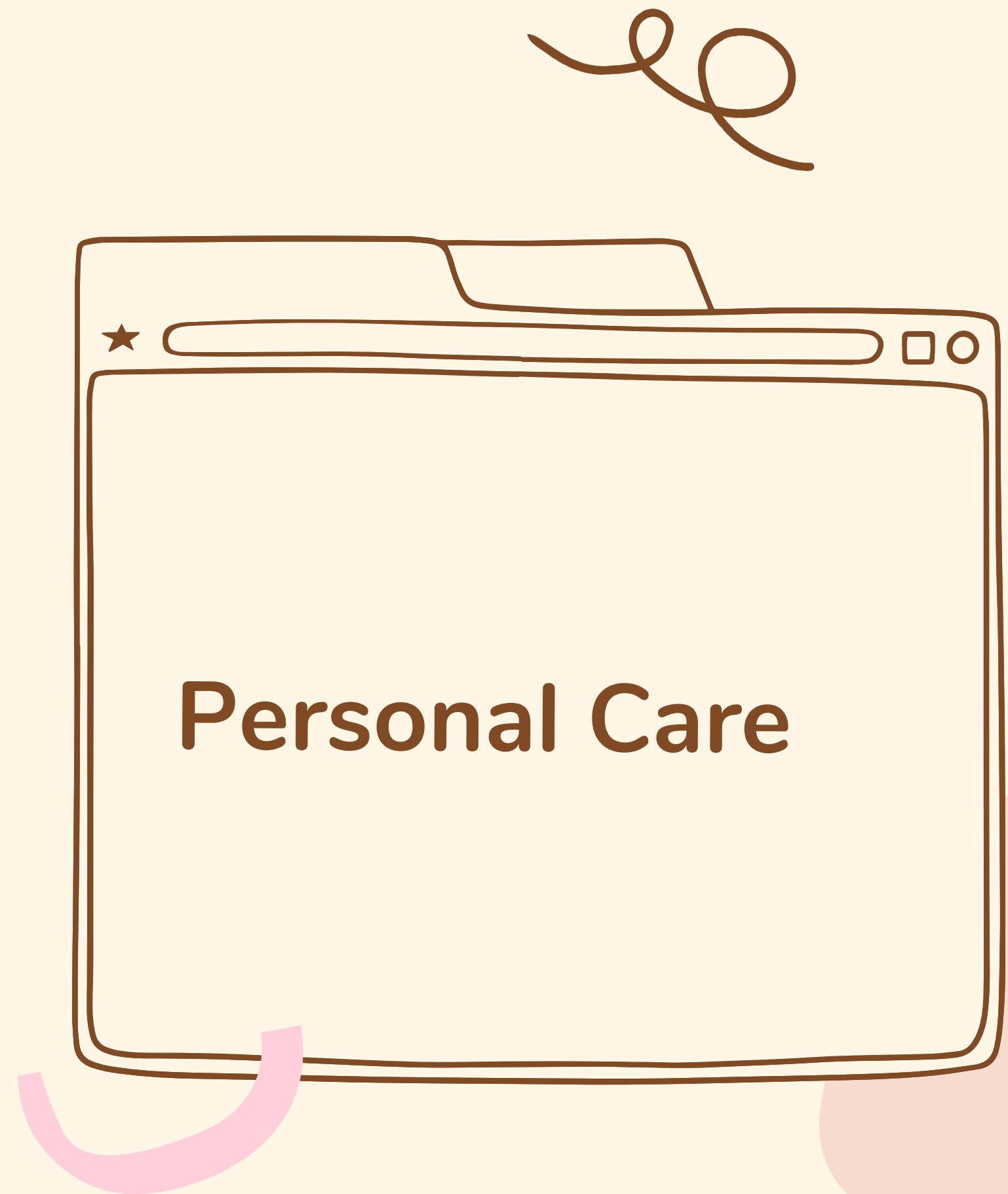
**She wants to continue
her everyday walk**

**HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?**

She wants staff members to help her and take her for a walk every morning and after dinner.

She wants staff members to help her do her work so she can move from one place to another rather than sitting on the bed the whole day.





WHAT CARE AND SUPPORT NEEDS DOES THE PATIENT CURRENTLY HAVE?

Because of her major depressive disorder, she feel guilty and worthless and often daydream. She needs her family member and staff to always be there for her when she needs them.

She wants the staff to encourage her to spend time outside the room.

She likes to keep herself clean and have a bath and hair wash thrice a week

She wants her daughter to spend most of her time with her so she feels good and worthy about her life

WHAT ARE THE PATIENT'S DESIRED OUTCOMES?

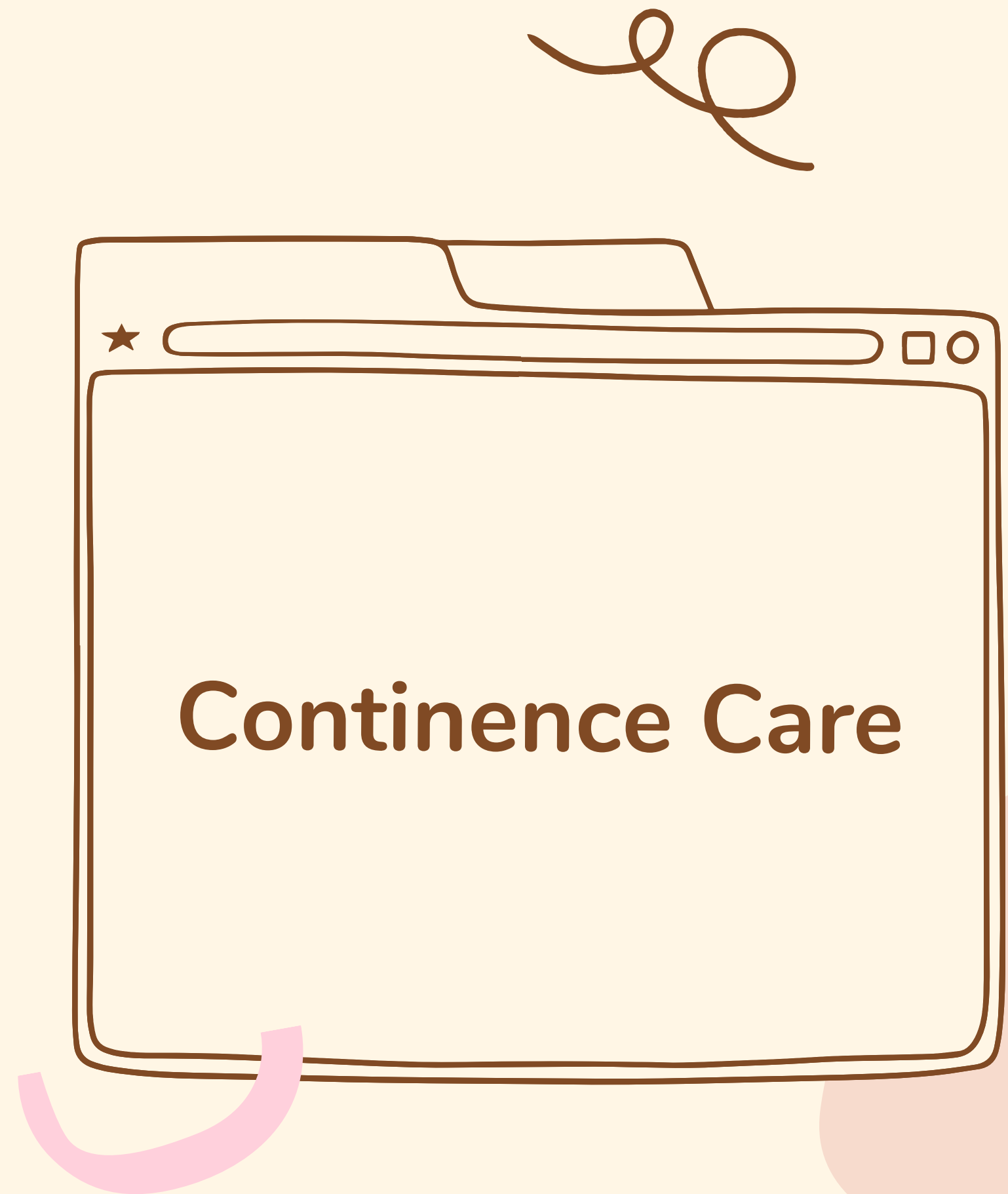
She wants to keep herself clean and properly get dressed, and choose her outfit for the day.

She would want the staff to ensure her privacy all the time whenever she is given personal care.

HOW DOES THE PATIENT WANT THE STAFF TO SUPPORT THEM TO ACHIEVE THEIR DESIRED OUTCOMES?

She wants one of the staff members to always be there to support her while dressing
She would want the staff to be around her when she is washing her face or getting dressed up so that they can help her with things she is unable to do at that time.





WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?

Because of her age, she
requires staff to help her
while going to the
washroom. And to be there
with her when she uses the
restroom at the night.

WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?

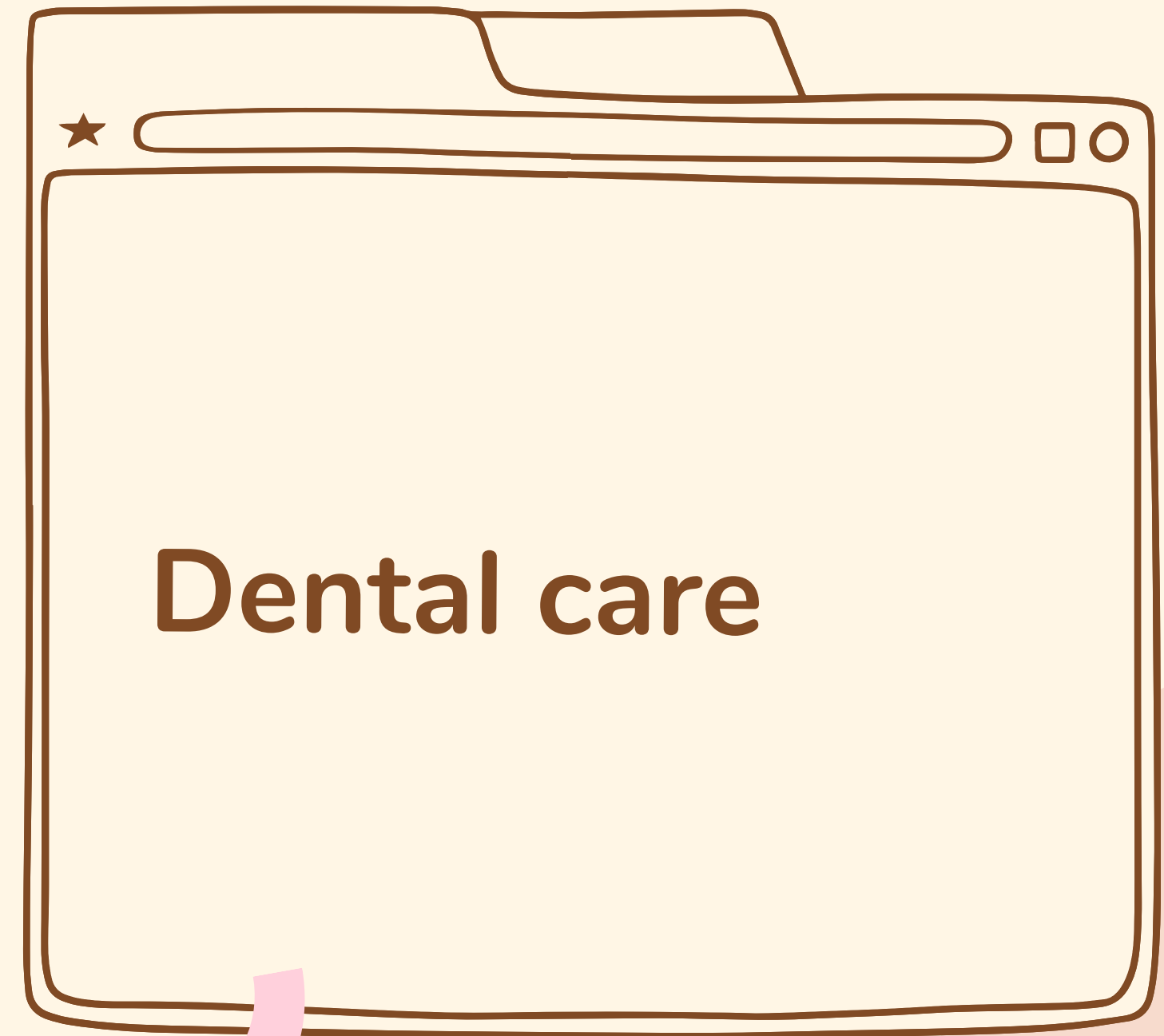
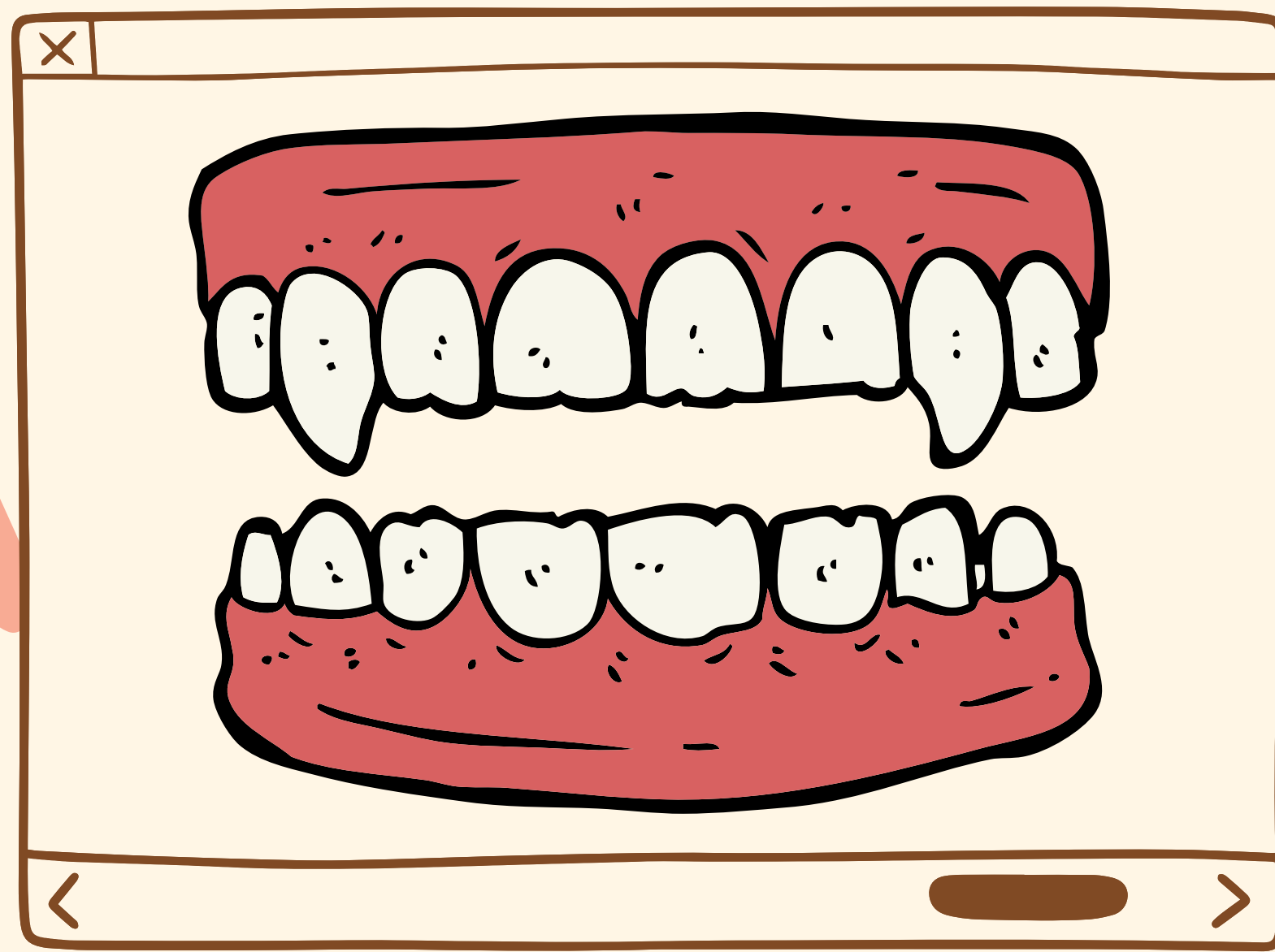
She wants the staff to help her
prevent daydreaming about
bad thoughts
She would want staff to help
her go to the restroom
whenever she needs help and
assistance.

HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?

She prefers the staff
member to help her
whenever she goes to use
the restroom. She always
requires help in personal
care.

She wants the staff
members to make sure
that she consumes all
three meals on time.





WHAT CARE AND SUPPORT NEEDS DOES THE PATIENT CURRENTLY HAVE?

She always brushed her teeth before breakfast and after dinner, to keep her teeth clean and cavity-free.

She wants the staff to help her take care of her dental health needs.

She prefers having fewer cold food items in my meals because it results in sensitivity in my teeth.

She used to brush her teeth regularly and used mouthwash during the daytime to avoid horrible smells when talking to people at work or when she was in a gathering of people around her.
She prefers less sugary items in the meal to prevent cavities in her teeth.

WHAT ARE THE PATIENT'S DESIRED OUTCOMES?

She wants her mouth to smell good and refreshing when she is communicating with people around her
She wants to prevent cavities and sensitivity.

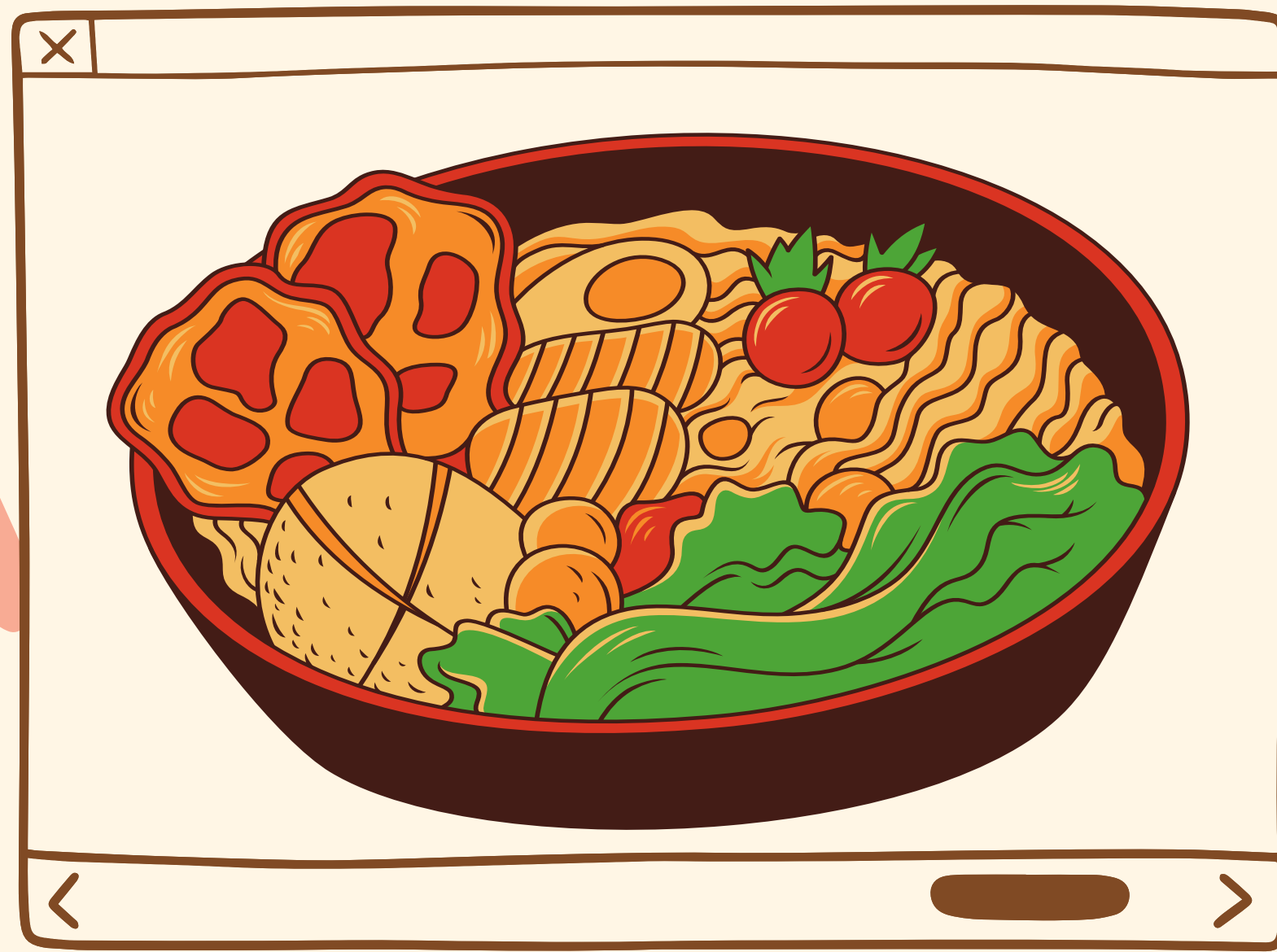
HOW DOES THE PATIENT WANT THE STAFF TO SUPPORT THEM TO ACHIEVE THEIR DESIRED OUTCOMES?

She would want the staff members to ensure that she has all the tools to maintain my oral hygiene

She want the staff to provide her with a mouthwash that she can use throughout the day when she thinks it is necessary.

She wants the staff to ensure nobody comes to meet her early morning without her dentures.





Nutrition and Hydration

**WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?**

She used to drink a lot of water
and eat nuts regularly.
She wants the staff to help her
drink extra water daily.
She wants to choose healthy
nutrition for herself in all three
meals.
She prefers to eat three meals in
a day.

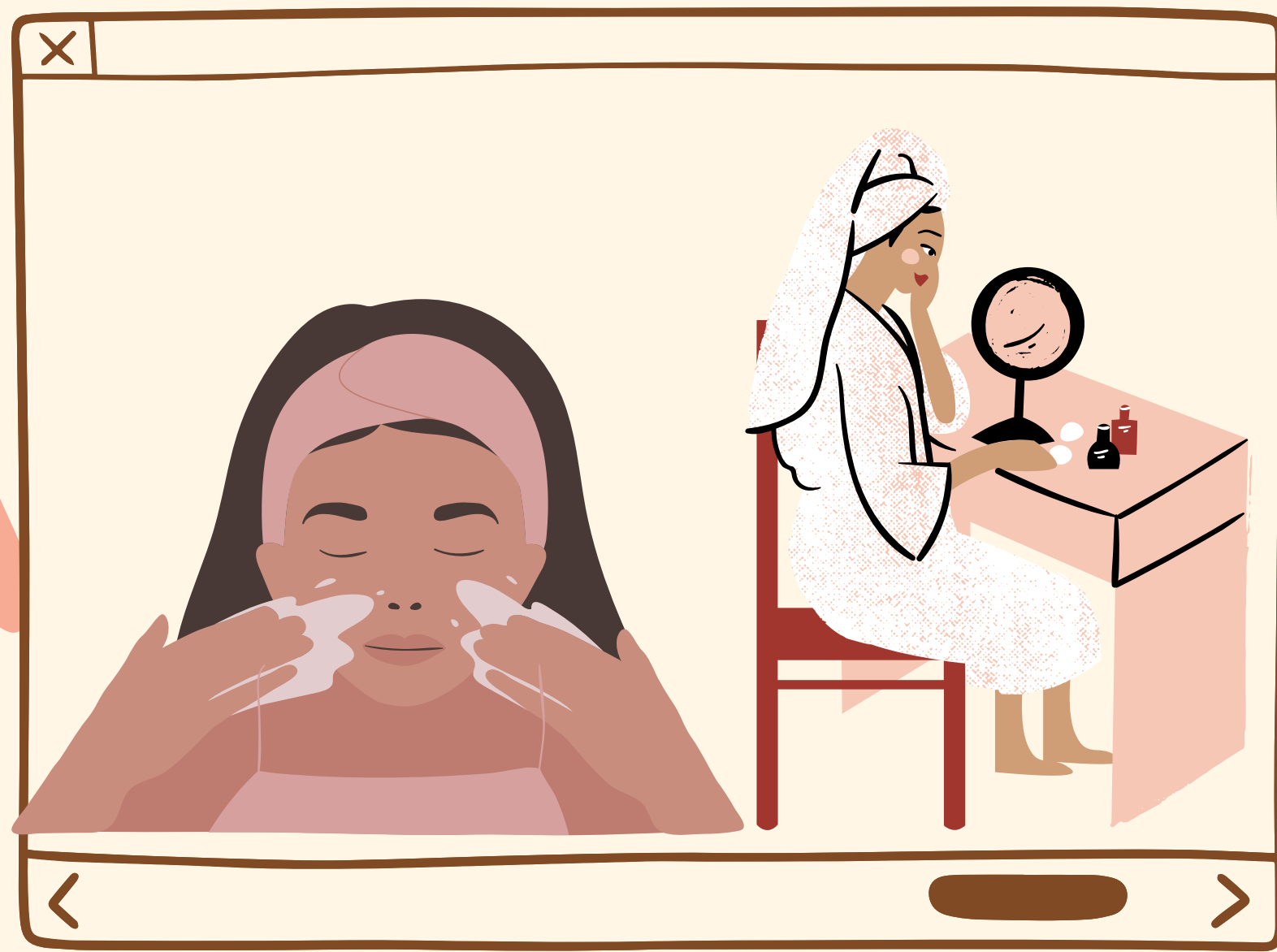
**WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?**

Let her choose the
nutrition she wants to
add to her diet plan
Let her choose the fruits
and nuts she wants to
include in my meal.

**HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?**

She wants the staff to
let her make her own
choices while deciding
the nutrition
She wants the staff
always to keep an extra
water bottle so she can
drink more water and
keep herself hydrated.





Skin Care

WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?

She always used to eat fruits in her diet to keep her skin looking fresh and healthy.
Before going to bed, she always put night cream on her face and hands.
She wants help from the staff to keep her skin looking healthy
She is getting unwanted marks and dryness on her skin.

WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?

She wants her skin to stay
always healthy and
glowing rather than dull
skin
To make eating habits
healthy and maintain a
healthy skin

HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?

She wants staff members
to give her a healthy diet
and fruits that can keep
her skin looking fresh and
healthy.
She wants the staff to
monitor her diet and stop
her if she eats anything
that is not healthy and can
affect her skin





Social Interactions and Activities

WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?

She used to love playing indoor games
and activities and participating in
indoor activities with her friends and
family.

She used to be very sporty when she
used to work

She likes watching her favourite shows
and likes going for a daily walk

She likes spending most of her time
reading and watching movies when she
is alone.

WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?

To participate in daily
activities that can keep her
busy with the staff taking care
of her

To ask the staff member to
help her enjoy things that she
chooses to do when she is
getting bored in the room

HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?

She wants the staff member
to motivate her for a walk
every day

She wants staff to encourage
her to participate in daily
activities.

She wants the staff to let her
choose the things she wants
to choose when she is alone in
the room and getting bored.





WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?

She likes sleeping on a bed with more pillows and a clean bedsheet. she usually made her bed herself every day before going to sleep when she was home with her husband.

She used to sleep with two pillows under her head and one on the side, which used to make her get good sleep.

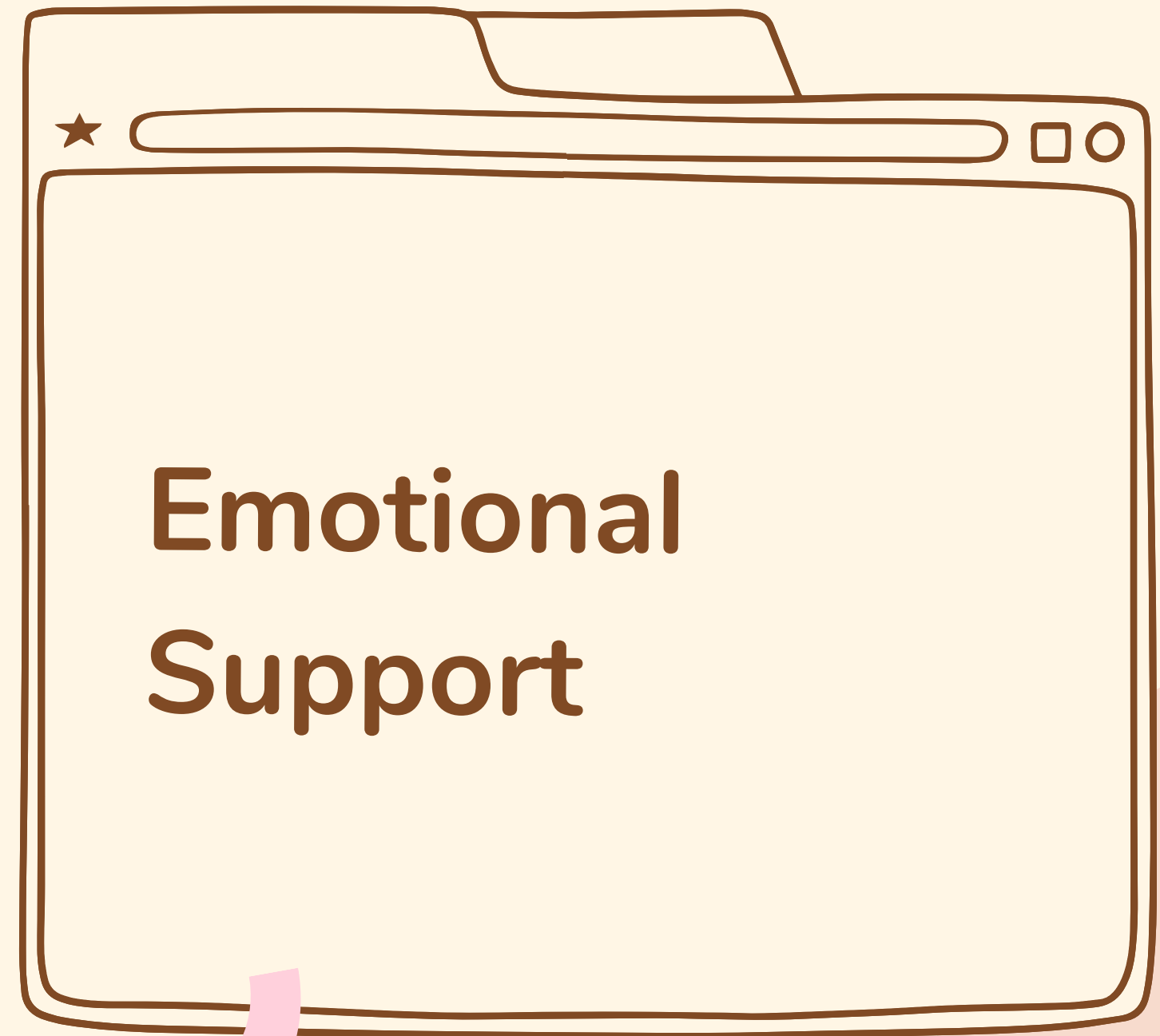
WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?

She wants to have a good and proper sleep.
She wants to sleep with three pillows like she used to sleep when she was home with her husband.

HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?

She wants the staff team to help her whenever she makes my bed the night before she sleep
She wants the staff to provide her with extra pillows so she can get a restful sleep at the night
She wants the staff to ensure that she has an extra water bottle near her bed so she can drink water in the middle of the night whenever she gets up for water.





**WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?**

She belongs from a big family with many family members and cousins, and it was always fun staying with a big family.

She used to love being around her husband and family and spent most of her time with them, thinking about all the good things in life.

She likes seeing her friends and people she used to work with makes her feel better and happy.

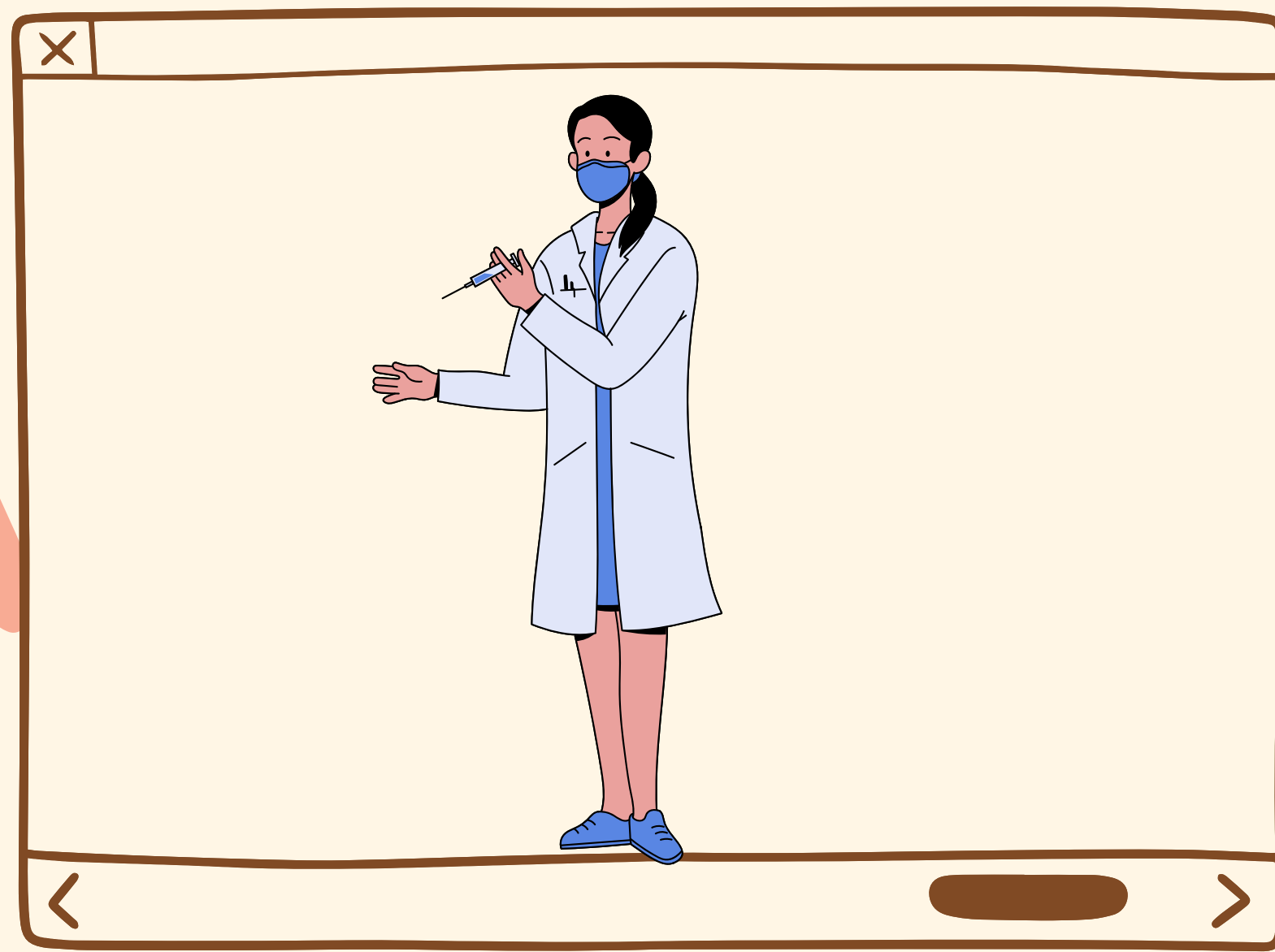
**WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?**

**She wants to stay happy.
She wants the staff to
interact with her family
and visit her often.**

**HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?**

**She wants the staff
members to help her
take part in activities
that are there in the
hospital
She wants the staff to
give her space when she
wants to spend time
with her family**





WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?

She always take care of her hair and every part of her body because her appearances are essential to her. It gives her confidence.

She used to enjoy being around males and females as she used to have many friends and a big family with cousins

She always used to keep herself clean and dressed up nicely every day.

WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?

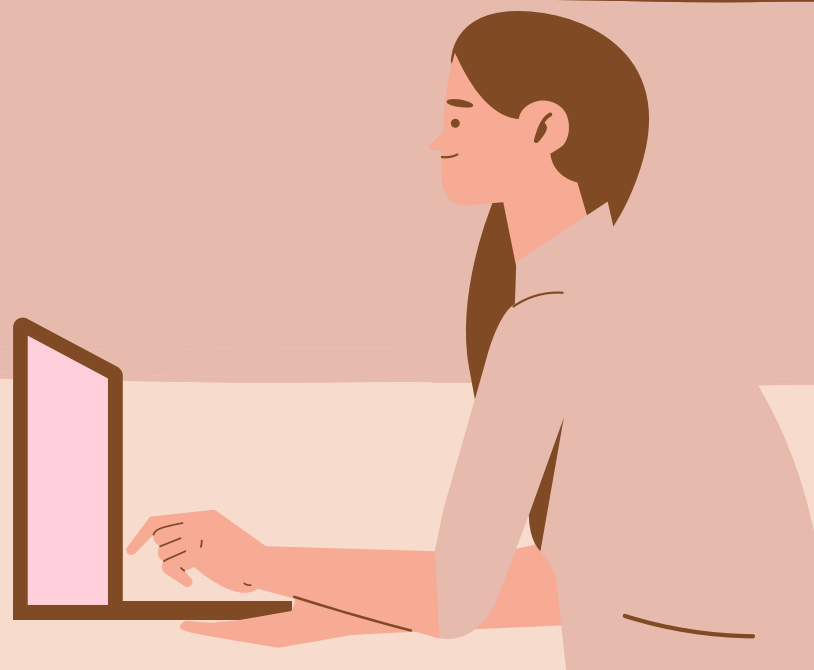
To take more interest in herself and her appearances

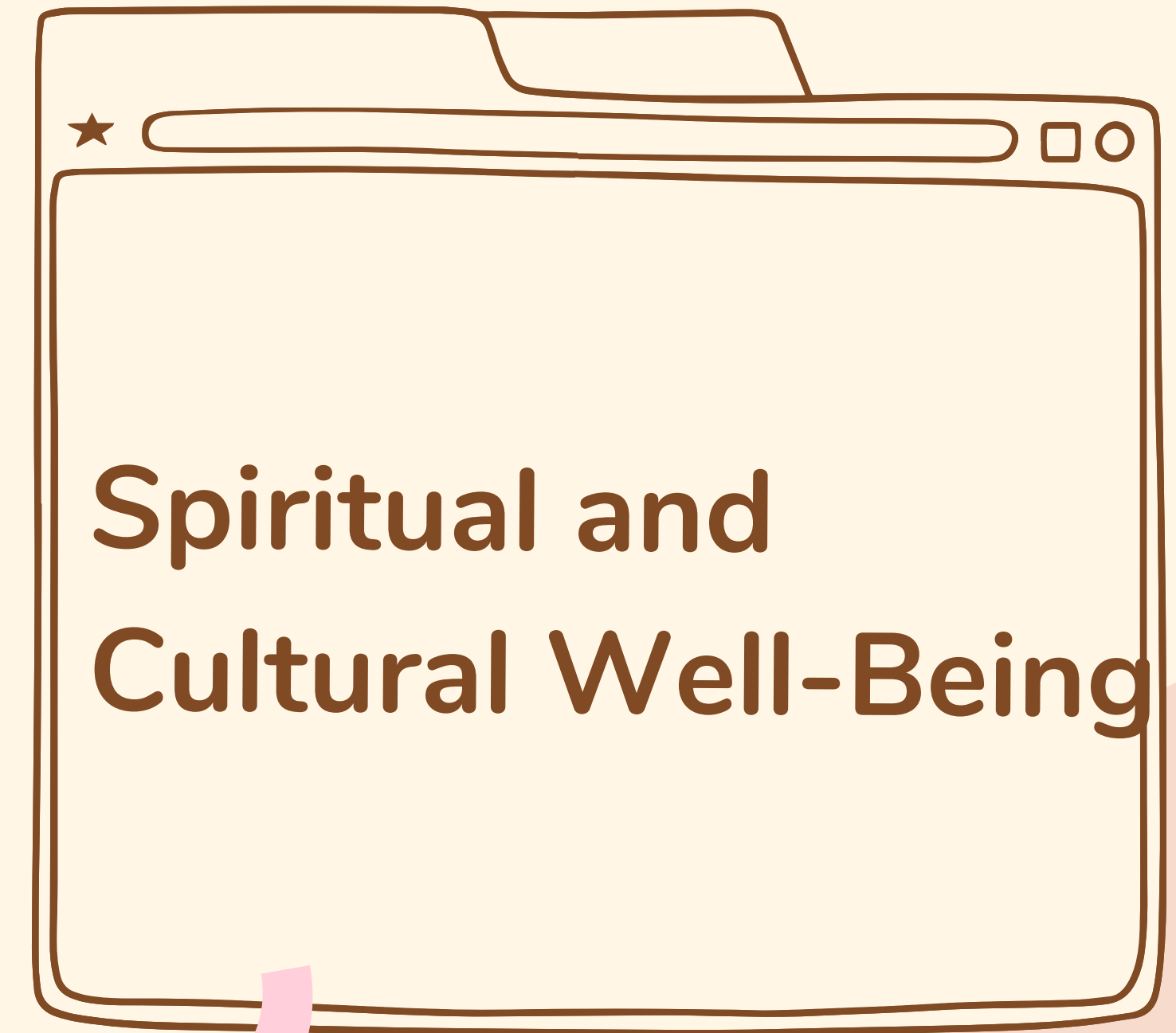
To dress up every day and make her hair feel better and confident

HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?

She wants the care member to assist and help her while she makes her hair

She wants the care members to help her take care of her appearance and dress up every day in the evening.





WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?

She is a roman catholic and
belongs to a catholic parish. She
used to always go for morning
masses every day.
She felt good visiting church
She enjoys doing social work
and things for her church priest
and community

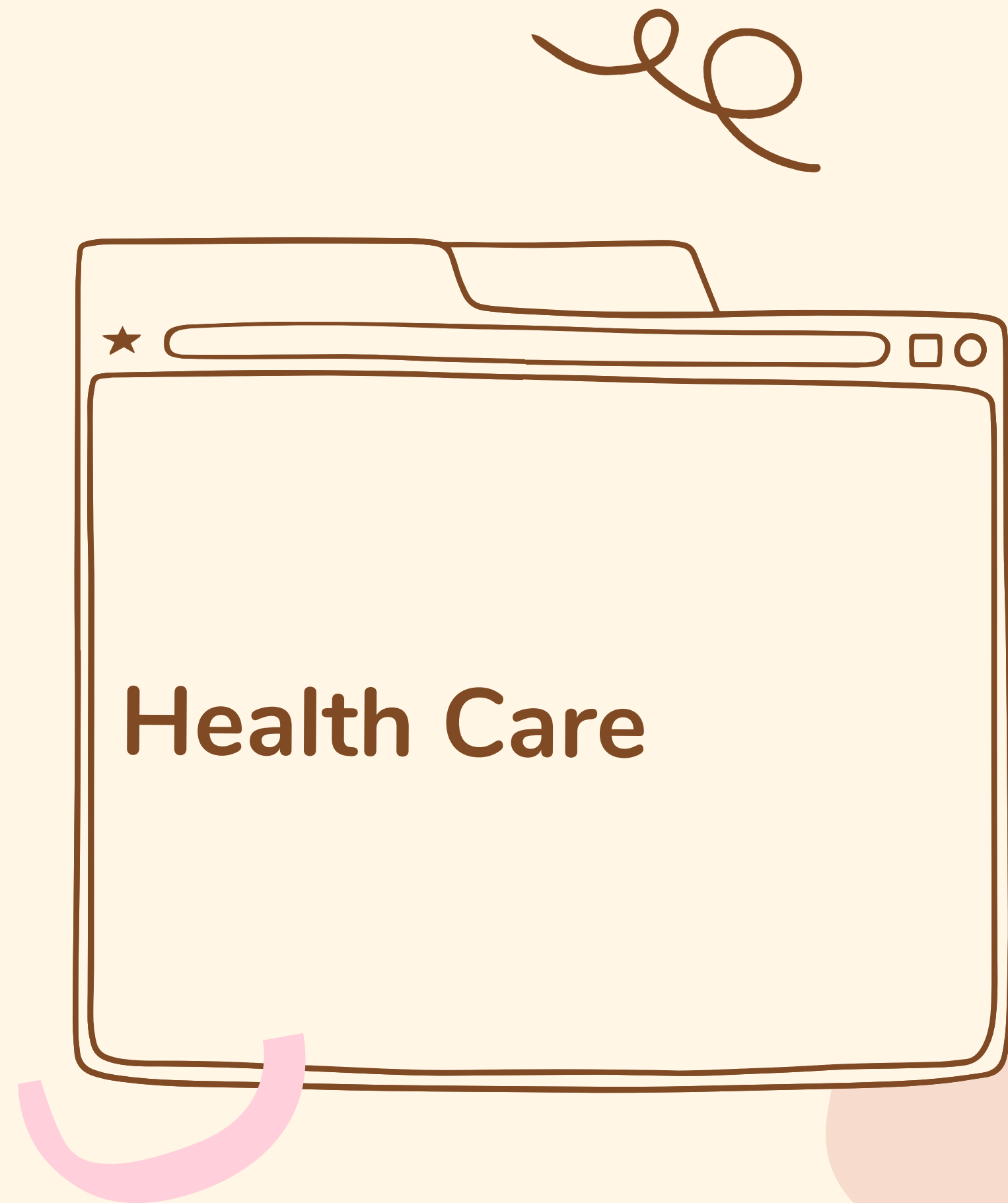
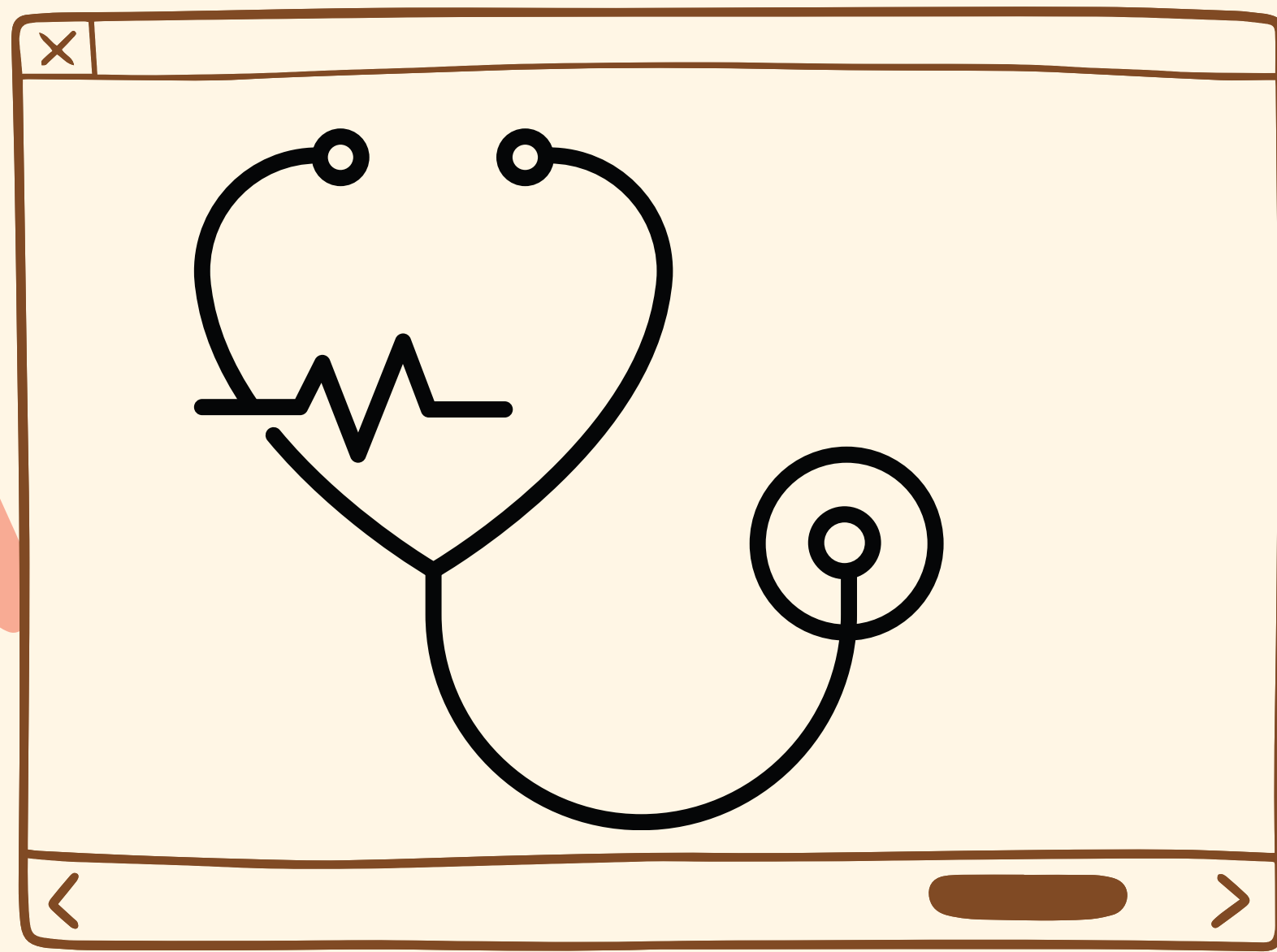
WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?

She wants to do things and
help her church community.
She wants to visit church
often with someone who
takes her there and helps
her do good deeds for her
Lord.

HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?

She wants the staff to
encourage her and help her
to go to the nearest church
from the hospital
She wants them to respect
her religion and help her
while offering prayers in the
room





**WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?**

She used to live alone when her husband used to work overseas. She used to suffer stress because of being alone and often used to miss her medication.

She thinks a lot which often results in blaming herself for the wrong things.

**WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?**

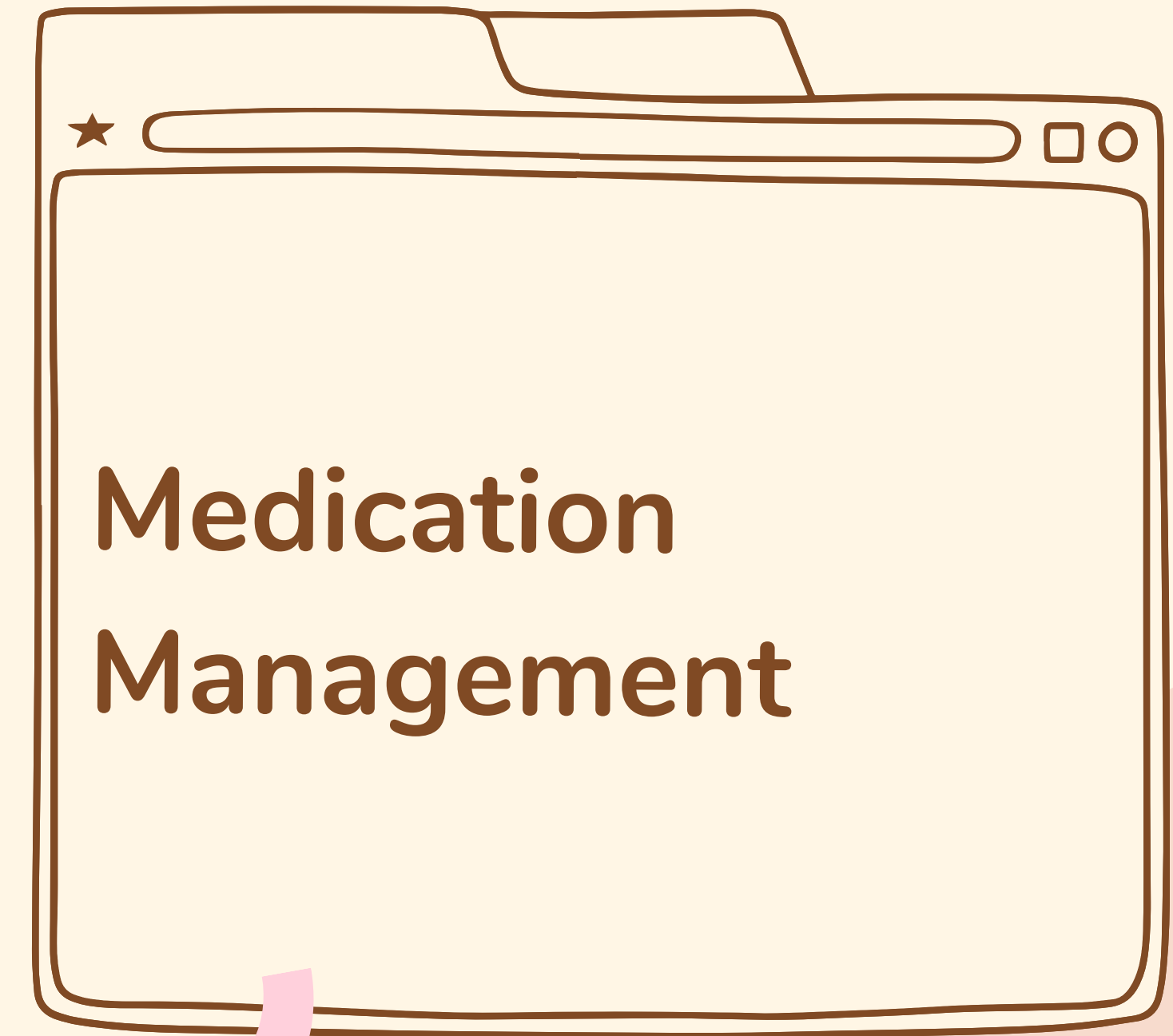
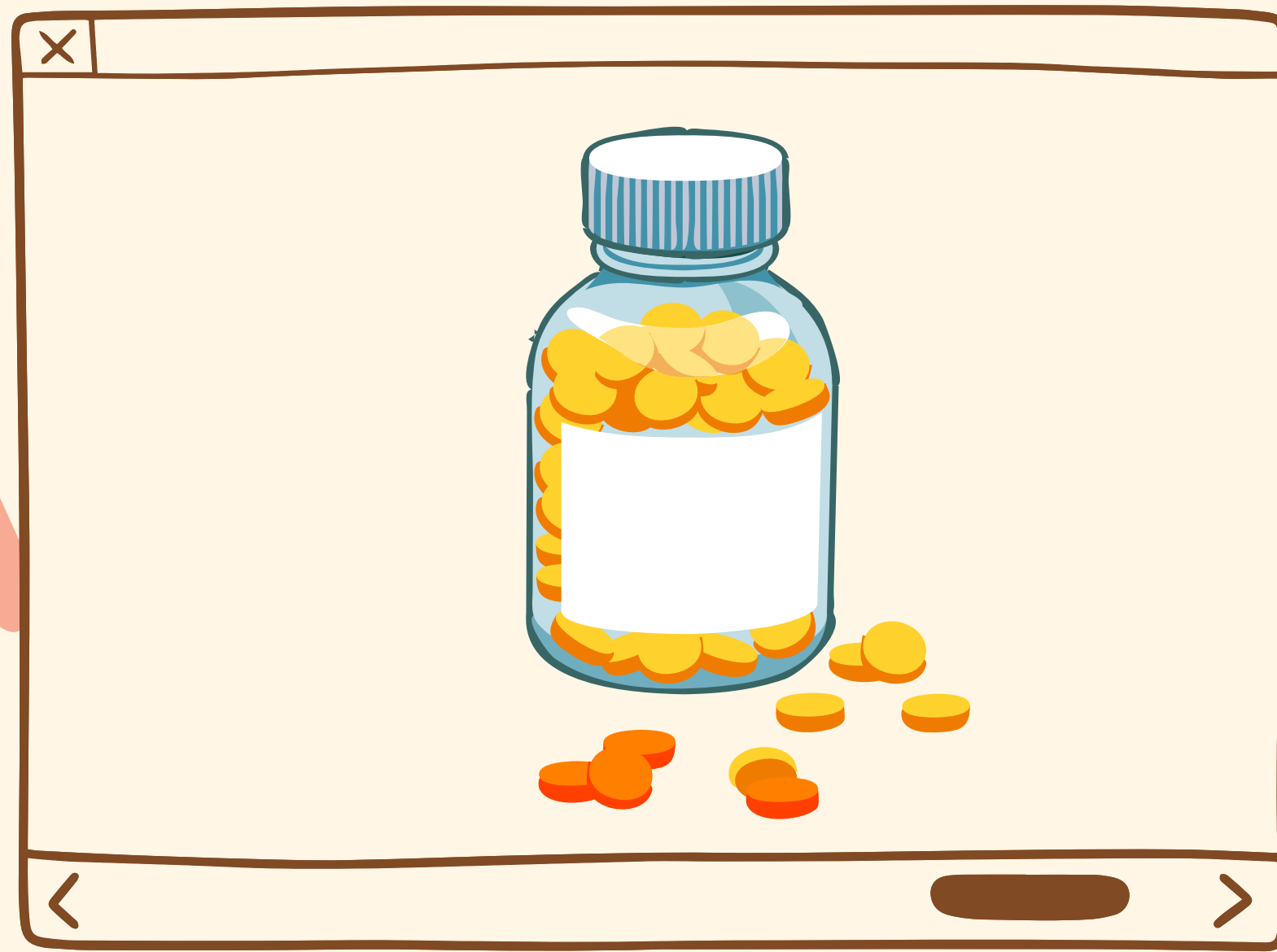
**To be stress-free.
To not daydream
To take her
medications regularly**

**HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?**

She wants the care members to monitor that she takes all prescribed medications and therapy

She want the care member or team to inform her if she needs additional treatment and care based on the severity of the depression she faces.





WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?

The mental health illness she is currently suffering from requires certain medication and therapies to overcome the illness

She has to go to counselling whenever she thinks a lot, affecting her health and well-being.

She needs help taking her medications on time and someone to remind her about her therapies and counsel sessions because she keeps forgetting things.

WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?

To be healthy and
maintain my well-being.
She wants someone to
take good care of her and
make her feel special

HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?

She wants the care team to help her in terms of taking her medication and go to therapies

She wants to visit her counsellor often to share her thoughts and understand how she can overcome her mental health problems.





**WHAT CARE AND
SUPPORT NEEDS DOES
THE PATIENT CURRENTLY
HAVE?**

She did not feel happy and had no emotions before she was diagnosed with major depressive disorder.

The staff members ensure to take good care of her, but she still does not feel satisfied. She wants to see her family most of the time but often ends up not meeting them because of her mental illness.

She wants to go out of the room and breathe the fresh air to stop thinking negative things.

**WHAT ARE THE
PATIENT'S DESIRED
OUTCOMES?**

**To enjoy life and do
things that she use to
love doing**

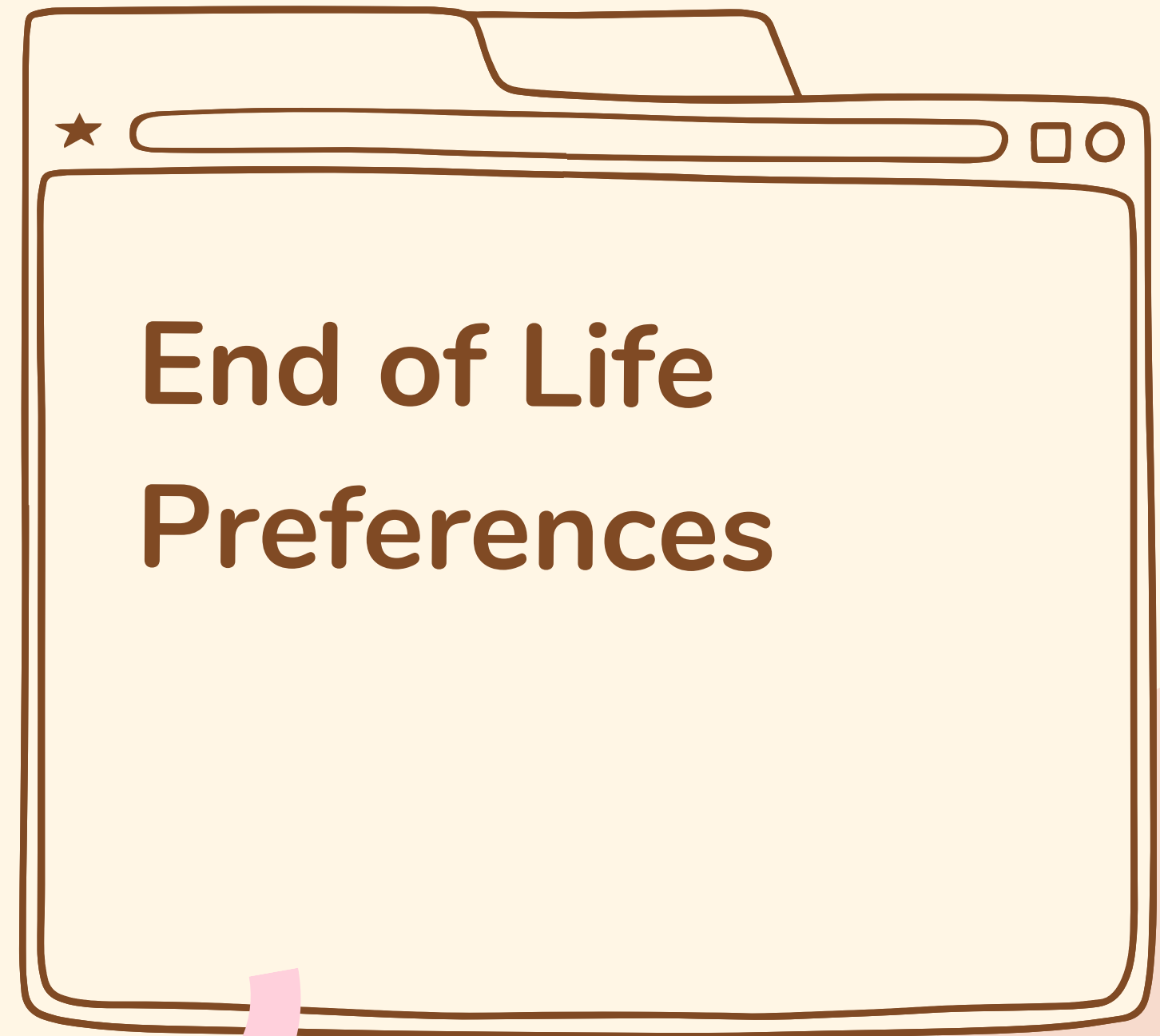
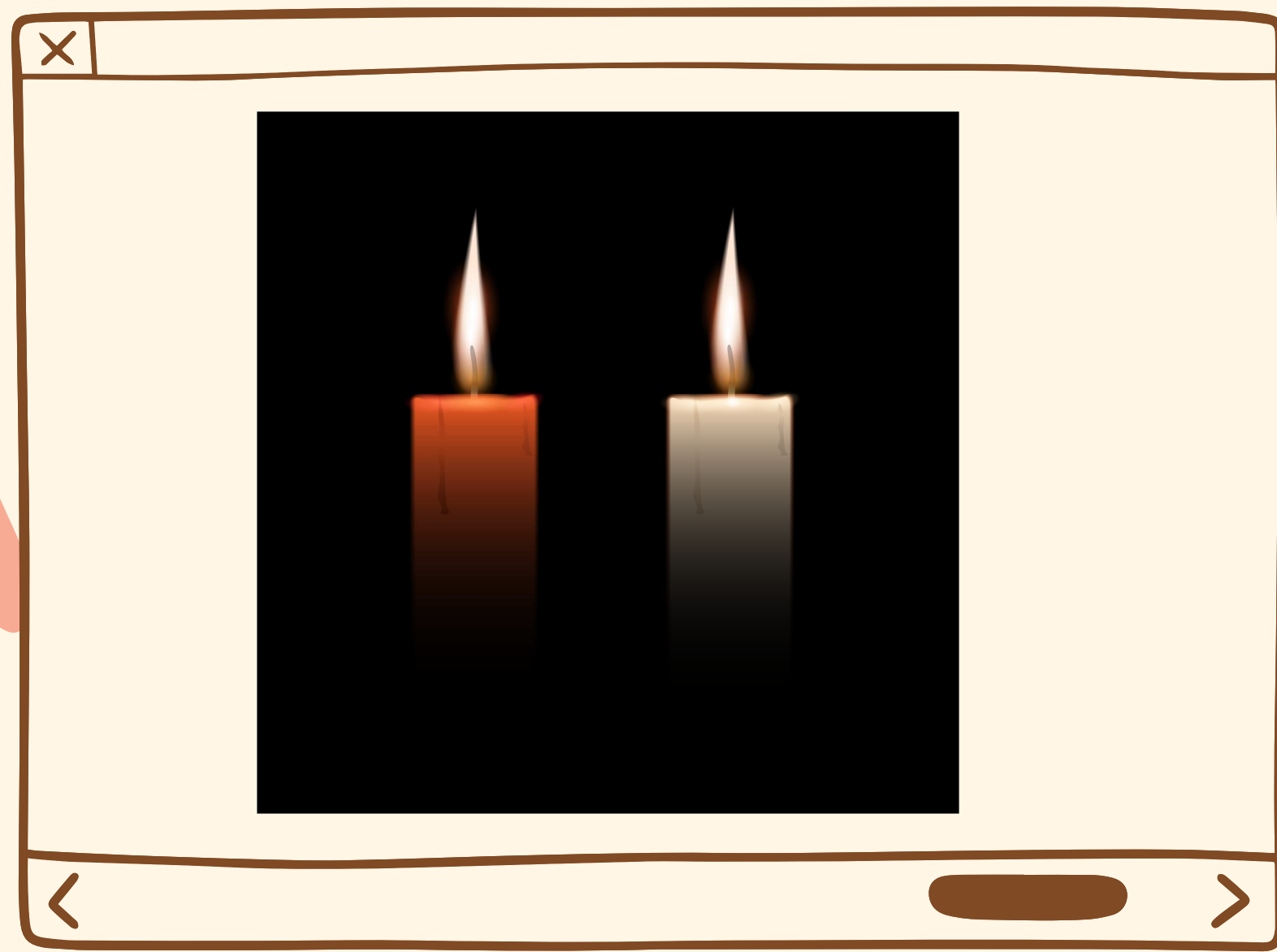
**To have her depressed
mood and negative
emotions go away**

**HOW DOES THE PATIENT
WANT THE STAFF TO
SUPPORT THEM TO
ACHIEVE THEIR DESIRED
OUTCOMES?**

To ask the staff members to encourage and motivate her to do things such as meeting her family and interacting more with them

She wants the staff to interact and help her do things like going out of the room and taking a walk that can remove her mental stress.





WHAT CARE AND SUPPORT NEEDS DOES THE PATIENT CURRENTLY HAVE?

She is currently in her 50s and wants to have a proper funeral mass with all of my family members to be a part of it.

She wants her staff members to be with her when she starts losing control over her thoughts and actions.

She will want to give a power of attorney to her daughter if anything happens to her. She wants to give her the house she owns, her car, and all of the other property and things that belong to her.

She wants her family members to arrange her funeral and get everything themselves.

She would want her daughter to sing a hymn for her funeral.

WHAT ARE THE PATIENT'S DESIRED OUTCOMES?

To be there with her family when she turned sick and lost control over things.

She does not want to depend on any of her family members and would want to die in her room.

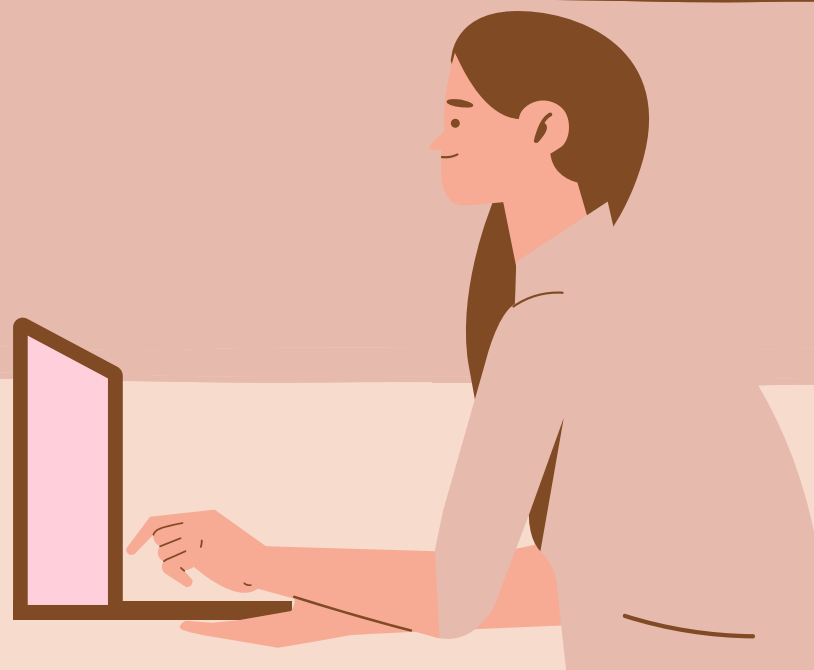
She wants the staff members to ensure they give her proper care and treatment for her current health issue.

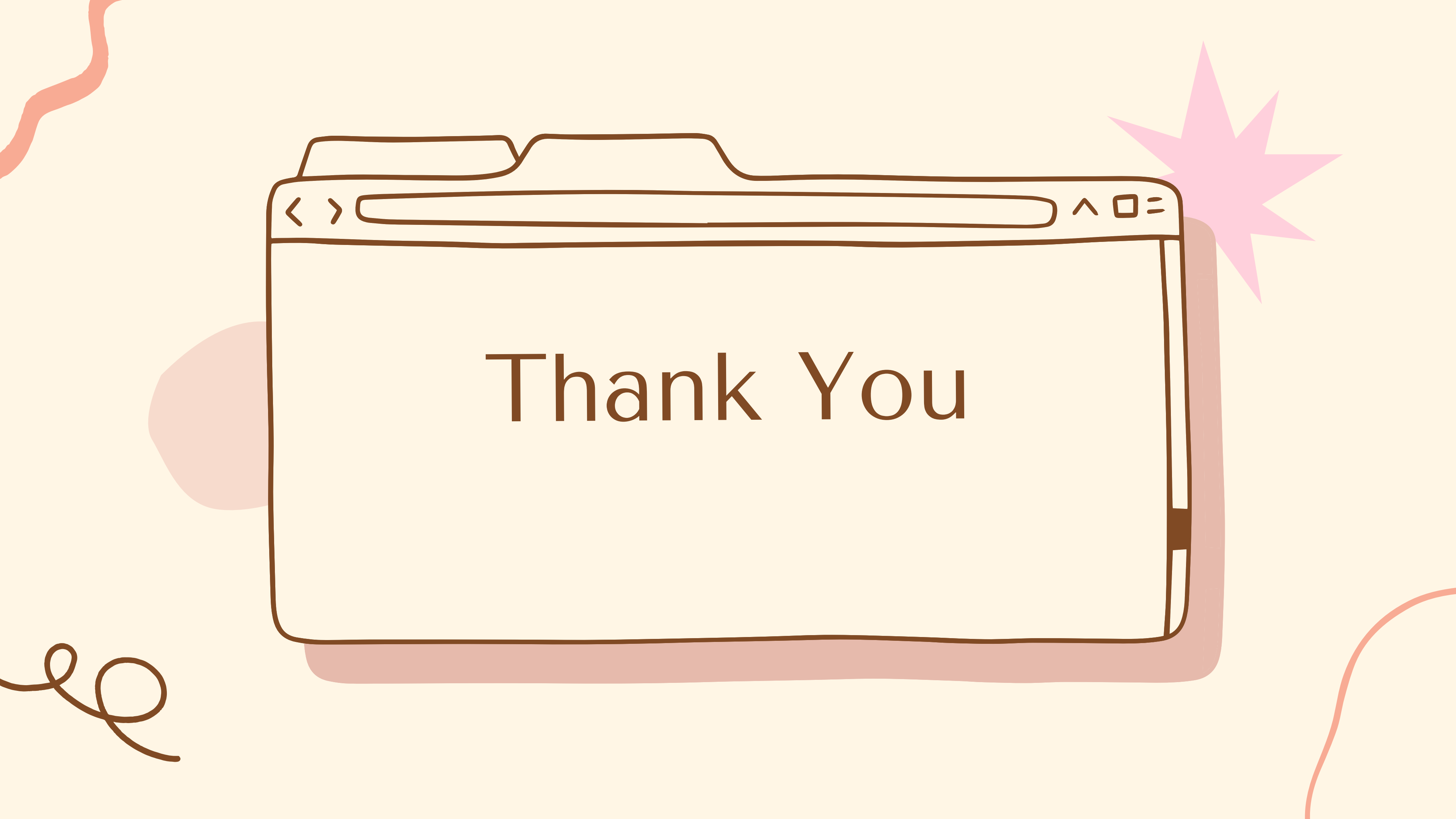
HOW DOES THE PATIENT WANT THE STAFF TO SUPPORT THEM TO ACHIEVE THEIR DESIRED OUTCOMES?

She wants the staff to ensure proper measures are taken while treating her for the current health issue.

She would want the staff to let her family help her with her personal needs and care.

She would want staff to ensure that they let her interact with her close family members twice a week.





Thank You

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Component 1: Presentation

Care Plan

Fozeea Jabeen

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Living with Care: The Older Person

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