

# Sample Dementia Care Plans

Mr. Jones is a 76 year old male who has just been diagnosed with Alzheimer's dementia. He lives at home with his wife. His two adult children live out of state. He is a retired mechanic. He has become more withdrawn, reluctant to attend church, and rushes off the phone when his children call. His wife is very active in their church community and frustrated with her husband's withdrawal.

## Care Plan for Mr. Jones (Living with Early Dementia)

**Goals, or What Matters Most Right Now:** Mr. Jones is embarrassed about forgetting people's names and losing track of conversations. Because of this, he has withdrawn socially. His goal is to feel like he used to and to enjoy his friends and family again.

**Brain Health:** Review blood pressure and diabetes mellitus management to decrease risk of disease progression. Also, at that appointment, ensure none of Mr. Jones' current medications are at risk of decreasing his cognitive function. Exercise daily – Mr. Jones will walk in the park on Tuesdays and Thursdays with his wife, and on Mondays, Wednesdays and Fridays with his neighbor Mr. Smith.

**Social Connections:** Mr. Jones and his wife will develop a plan for informing friends at church and others he sees regularly about his dementia and ask that they not take it personally if he forgets a name or a detail.

**Hobbies/Roles:** Mr. Jones will continue to tinker with his tools and building things, and will see if his nephew can join in on more complicated projects for support.

**Information and Supports:** Review involvement of children and other friends and family. Ensure they are connected to the Alzheimer's Association and their local Aging Services Access Point (ASAP) and Senior Center. Recommend that Mr. and Mrs. Jones begin some long-term financial and legal planning; provide necessary resources or referrals.

**Next Steps:** Both Mr. and Mrs. Jones will explore support groups for caregivers and for people living with dementia. They will keep a "worry list" to bring to their next appointment.

**Two Years Later:** A couple of years have passed. Mr. Jones's memory is worse, and he doesn't always recognize his limitations or forgetfulness. His wife is worried about him being home alone while she is out and about. She still has two volunteer roles in the community and is busy outside the home. Mr. Jones had one fall and needed to go to the hospital to have stitches, but he was not admitted.

### Care Plan for Mr. Jones (Living with Moderate Dementia)

**Goals, or What Matters Most Right Now:** Mrs. Jones is worried about Mr. Jones' safety. Mr. Jones is frustrated by her worrying and has stopped tinkering with his tools. He can get quite agitated and just wants to be left alone. Neither of them can articulate a clear goal at this time but they both appear to be suffering.

**Safety:** Consider a home physical therapy evaluation to reduce fall risk. Also consider another PCP appointment to review medications in light of the fall, and consider medications for mood.

**Respite:** Mr. Jones would benefit from a day program with appropriate activities and socialization and Mrs. Jones could benefit from some time to herself and reassurance that her husband is safe. They will also go to the Memory Café in their area once a month in order to have something they can do together. The day program is only two days a week. For one afternoon a

week, Mrs. Jones will ask friends and neighbors to spend an afternoon every couple of months taking Mr. Jones on an outing in the community - to the museum, a movie, lunch or a café, a walk, or to his old shop to visit with his prior co-workers.

**Quality of Life:** Mr. Jones's son is setting up a way for Mr. Jones to listen to music at home that his son can program and play from afar. This seems to help calm him in the afternoons. He is no longer walking in the park, but he does chair yoga at the Senior Center with his wife on Thursdays.

**Next Steps:** Mrs. Jones will hold a meeting with her children to discuss plans for the future in terms of living arrangements and finances. She has received information to share with her children about what to expect in the coming years. Referred Mrs. Jones to a caregiver education program.

### Care Plan for Mr. Jones (Living with Advanced Dementia)

Mr. Jones has advanced dementia. He needs help with most activities and sleeps a lot. He is sometimes up in the middle of the night. He is still able to feed himself and his weight has been stable. Mrs. Jones has given up several of her community responsibilities in order to care for him. She is tired, but caring for her husband at home is important to her.

**Goals or What Matters Most Now:** Mrs. Jones wants her husband to be able to sleep through the night, so she is rested and able to care for him in the morning. She also doesn't want him to be bored during the day.

**Sleep:** Discuss medications that may help with sleep. Ensure Mr. Jones is getting some exercise during the day, even if it is just walking around the house a few times during the day. Review sleep hygiene and minimize daytime napping. Mrs. Jones will consider sleeping in another room and using a camera/listening device to keep an ear out for Mr. Jones getting up at night.

**Activities:** Shared websites with Mrs. Jones that offer activities for people with more advanced dementia. Their neighbor has a dog that visits daily, and Mr. Jones enjoys this visit. Their son and grandson call daily and read to Mr. Jones on FaceTime for 15 minutes.

**Respite:** Mr. Jones can only tolerate half a day at the day center now, twice a week. Another morning a week an aide comes in to help him with personal care. This is when Mrs. Jones is able to get out and do her shopping.

**Planning:** Mrs. Jones still hopes to keep Mr. Jones home, but she is worried about the future and sleep.

**Next Steps:** Consider palliative care consult with transition to hospice for increased support when appropriate.