



AT HOME MEMORY CARE CAREPLAN OUTLINE

The Registered Nurse meets with family/caregiver(s) of potential client at a neutral location (other than the residence of the client) to discuss client history, care needs, contract, and related issues (see below)*. Sets up a care plan, using the following 'ideal' plan

1. Aide spends one half to one hour with the client in the home with the family caregiver present for one through 3 or 4 weeks.
2. If these encounters are successful, increase the time to one to two hours with the family caregiver present for one through 3 or 4 weeks.
3. If these encounters are successful, spend one to two hours with client with family caregiver absent.
4. Gradually increase amount of respite time needed by family caregiver to a maximum of 3 to 4 hours several times a week. Maintain that pattern or adjust as client needs change and/or family caregiver requests.

After meeting with the family/caregiver, the nurse makes a home visit to meet the client, usually with the caregiver present. This visit should be of short duration to:

1. Establish a connection with the client.
2. Visit with the client, evaluating communication ability, awareness of needs, and to learn about his/her activity interests.
3. Tell the client who the Home Health Aide is and when the first visit with the HHA is scheduled.

*At first meeting with the family/caregiver(s)

1. Learn about the potential client: history, behavior, care needs
2. Discuss the usual trajectory of the disease, especially in relation to decision making and behavior issues. Acknowledge the significance of the losses the client is likely experiencing; losses they may not be able to articulate, but they are experiencing at a deep emotional level.
3. Emphasize the importance to communication changes, such as:
 - giving information in small 'packages' and allowing client to dialogue
 - recognizing that the nonverbal communication of the caregivers through the 'energy they bring into the space' – even though the client cannot express their perception of negative or positive 'vibes' they are usually acutely aware of how the person they are interacting 'feels'. The feelings expressed non-verbally may have nothing to do with the client, but their sensitivity will recognize the feeling and interpret it as directed to them.