Name: Lucy Robinson
Preferred Name/Pronouns: Lucy (she/her)
DOB (dd/mm/yy): 27/05/19XX
Age: 70 yrs
HCN: 2768 524 XXX

Resident Care Plan:
A supportive tool to guide my care.

My Support System

Substitute Decision Maker:

Ellie Smith (Daughter)
Phone: (123) 321-0987
Address: Local

My Personal Summary

I was married to my husband, Bob, for 38 years. We have 4 children: Ellie, Robert, Richard, and Mary. They all have families of their own now. I'm a grandmotherto 12 grandchildren and 3 great-grandchildren. I love when we all get together on the holidays. I enjoy cooking big meals and baking delicious desserts. I've always been a homemaker and, when the children moved out, I began teaching piano lessons. Music andgardening are my passion. Bob and I lived together until the day he died. I enjoyed looking after him and the kids, making sure they were happy and well- looked after. Losing Bob and the family home has been a very hard transition for me.

My Preferred Daily Routine

I typically wake naturally by 8AM. I am independent with my ADLs with moderate cueing. Please do not rush me to get dressed, I like to take my time with my self-care. For meals I prefer a table near the window however if music is being played, I am usually content in different locations. I like tea and toast for breakfast. I like to engage in the daily activities. Gardening, cooking, and music are of particular interest to me. I love to teach others how to play the piano.

Stressors/Discomfort

Please be mindful that the following may be a source of stress or discomfort to me:

- I have chronic pain in my knees and wrists from arthritis
- I am used to caring for and nurturing others; I do not like to be treated like I need to be looked after
- It is upsetting to me to be told that Bob has died. Reminding me that he is dead will increase my stress significantly
- Being told that I will never return to my family home is upsetting to me

Responsive Behaviours

Vocal Expressions:	Often feels the need to "go home" to care for Bob. Expresses concern about the whereabouts of her children.
Motor Expressions:	Packs a bag of belongings to take home often. May wander looking for Bob and the children.
Verbal/Motor/Sexual Expressions of Risk:	May become physically aggressive by throwing/swinging objects when highly agitated.
Other Risks Identified:	Risk for falls as often ambulates without walker; shuffling gait.

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You Can Support Me By

- Validating my need to look after others. Reality orientation is not effective. I still feel that my husband and children rely on me to look after them
- Promoting my independence when possible
- Please ensure as safe of an environment as possible
- If I am very agitated, it is often helpful to distract me with things I enjoy and then reapproach
- Watching for early signs of stress. I like to nurture others and can often be redirected to a task that allows me todo this
- Advocating for pain management when I am agitated or restless. Often my arthritis causes discomfort and stress
- Getting to know me. Unfamiliar faces cause significant stress. Take the time to develop a relationship with me