# Example Care Plan

| Date Created/Updated: 3/20/2022 | Current Address:  555 Cherry Hill Lane  Schaumburg, Il 60197 | Current Phone number:  (555) 123-4567 |
| --- | --- | --- |
| Emergency Contact #1 (my husband)  Christopher Robin  555 Cherry Hill Lane  Schaumburg, Il 60197  (555) 890-1234 | Emergency Contact #2 (Parent)  Kanga Roo  4567 Outback Way  Phoenix, AZ 85138  (555) 567-8901 | Emergency Contact #3 (sons)  Winnie the Poo and Piglet  555 Cherry Hill Lane  Schaumburg, Il 60197 |
| **Primary Care Physician** | **Primary Hospital** | **Oncologist** |
| Dr. Nosey Rabbit  120 N.Burrow Lane  Barrington, IL 600010  (555) 234-5678 | North Star Hospital  9012 North Pole Street  Elgin, IL 60123  (555) 901-2345 | Cancer Free Clinic: Dr. Chemo  555 Barrington Road  Hoffman Estates, IL 60169  (555) 678-9012 |
| **Ostomy Supplies** | **Urologist** | **Pulmonary** |
| At Home Care Products  (describe the type of supplies here)  Note: prescription need to be renewed once per year around March - see Urologist. | Comprehensive Urological Care:  Dr. Urine  86359 North Pepper Road, Suite 200  Elgin IL 60010  (555) 345-6789 | Dr. Lungs  Note: need to be seen once per year (or so)  Next date April 1st, 2023  1340 Breath Court  Elgin, IL 60010 |
| **Dentist**  Family Dental  Dr. Teeth  Tooth Fairy way  Sping Park, IL 60004  (555) 837-4080 |  |  |

**Medical Coverage: (Take pictures of your health insurance card and insert here)**

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### **Risk Management and SafeGuards**

Identify risks to the health/wellbeing, potential triggers, previous responses to triggers, measures in place to minimize risks, and safeguards. Safeguards detail the support needed to keep the person safe from harm and actions to be taken when the health and welfare is at risk.

**Overall physical and mental health**

| Good health looks like: | Able to take care of all daily personal care as well as family and work and volunteer responsibilities on own as well as manage other people’s care (cook dinner, manage appointments, etc.) |
| --- | --- |
| Poor Health  looks like: | Need to focus on my own daily care. May not have energy to cook dinner, or manage other people/appointments. |
| Triggers for health declining: | * Digestion is slowed or not eating enough, which effects brain chemicals. * Feeling abandoned/alone, unloved, not appreciated. When chemicals are off, being teased. |
| Known responses: | * Withdrawal - laying in bed due to…   + Hearing demonic voices/bad voices in head.   + Feeling as if about to die.   + Feelings of guilt (not being able to care for others or self, pressure of being “strong” an “inspiration” for others - what if I fail?) |

SafeGuards to take when health declines:

| **Stages** | **Looks Like** | **Measures/SafeGuards** |
| --- | --- | --- |
| 1 - Good Health | See above | None needed |
| 2 - Poor Health | See above | 1. Team (husband, sons, friends, help take care of self and each other and other household chores. 2. Allow time alone, but still check in on once in a while, until I (Jennifer) can come out and talk to you - until chemical and digestion return to normal. |

**Systems that shut down as death approaches (1 of 3)**

**Digestive:**

| Good health looks like: | Able to perform own medical tasks.  Brain chemicals and nervous system in tack (social, able to take care of self and family). |
| --- | --- |
| Poor Health  looks like: | Withdrawn - see above under overall physical and mental health.  Maybe not eating/limited eating. |
| Triggers for health declining: | Digestion feels slow - food stays high in the system (near stomach) rather than moving along.  Low/No exercise to help move things along.  Poor diet - not enough vegetables, too much beer. |
| Prevention Tips | * Lots of vegetables, little meat. * No alcohol - lots of water. * Time for exercise |

**SafeGuards to take when health declines:**

| **Stages** | **Looks Like** | **Measures/SafeGuards** |
| --- | --- | --- |
| 1 - Good health | See above | None needed |
| 2 - Poor health | See above | Team (husband, sons, friends, help take care of self and each other and other household chores so that Jennifer (I) can cook for myself, exercise, take care of self.  Other possible tips: pick up salads, smoothies, or dinner for me if I am declining. (unable to do those things for myself due to low energy) |
| 3 - rapidly declining | Unable to care  for self | * Assisted living - nurses help take care of medical things or doctors put in colostomy and/or food tube - ONLY IF - will extend quality of life and get me back to living for two or more years. If I will die in 12 months or less, NO SURGERY! Manage pain. |

**Systems that shut down as death approaches (2 of 3)**

**Brain/ Mental Health (Functioning)**

| Good health looks like: | Able to perform own tasks.  Brain chemicals and nervous system in tack (social, able to take care of self and family). |
| --- | --- |
| Poor Health  looks like: | Withdrawn - see above under overall physical and mental health.  Could maybe start to distrust people around me.  Could possibly have a difficult time distinguishing this reality from others. |
| Triggers for health declining: | Slow digestion/ poor diet. Low/No exercise, which could lead to brain chemicals feeling off.  Extreme emotions triggered/ trauma triggers - see above under overall physical and mental health.  Nervous system not functioning correctly - feels like it is short-circuiting/ no coating of protection on it. |
| Known responses: | Withdrawal, sleep, trying to eat better, get in a calm peaceful state again, processing with others, exercise, being in nature. |

**SafeGuards to take when health declines:**

| **Stages** | **Looks Like** | **Measures/SafeGuards** |
| --- | --- | --- |
| 1 - Good Health | See Above | None needed |
| 2 - Poor Health | See Above | Try processing, diet, and exercise. If not improving over 3-7 days move onto step 3 |
| 3 - Declining | Unable to reason with others/ determine correct reality | Seek professional assistance:   1. Primary care physician. 2. If needed, take to a behavioral hospital to get an evaluation.   (Alexian brothers has one as well as Streamwood Behavioral Hospital) |

**Systems that shut down as death approaches: (3 of 3)**

**Kidneys Heart and Lungs**

| Good health looks like: | Able to perform own medical tasks.  Brain chemicals and nervous system in tack (social, able to take care of self and family). |
| --- | --- |
| Poor Health  looks like: | Pain in kidneys. Rash around Ostomy area, craving high fat, high carb foods. Little water consumption.  Difficulty Breathing - not able to walk far/ exercise much.  Coughing |
| Triggers for health declining: | * Allergies - see Health Care summary. * Cancer in bones - beginning to “infect” “spread to” other areas. |
| Known responses: | * Rest - low/no movement. (slow/low impact exercise as able) * Limit time outside. * Check for urine/kidney infections. (antibiotics as needed) * Eat and drink healthy |

SafeGuards to take when health declines:

| **Stages** | **Looks Like** | **Measures/SafeGuards** |
| --- | --- | --- |
| 1 - Good Health | See Above | None needed |
| 2 - Poor Health | See Above | See Above - Known Responses |
| 3- Rapid Declining | Unable to manage self care after trying Known Responses. | Assisted living. Manage pain.  Assisted Living Option 1 (able to manage self care at a slow/low pace, but unable to perform any other duties) - Live with parents?  Assisted Living Option 2 - Use Power of Attorney as well as (if cognitively okay) conversations with self to find the best options at each stage. (See living will documents in BMO safe box) |

**Medications/Allergies/Past Medical History: List here and/or take pictures from any Patient Portal you may have access to.**