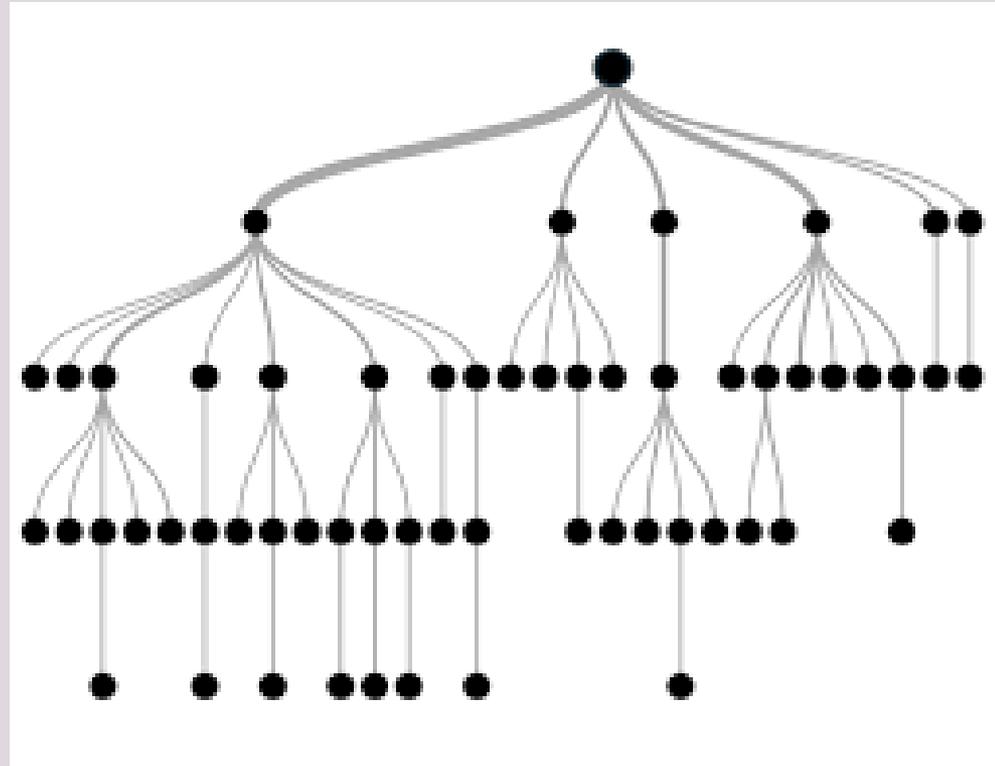


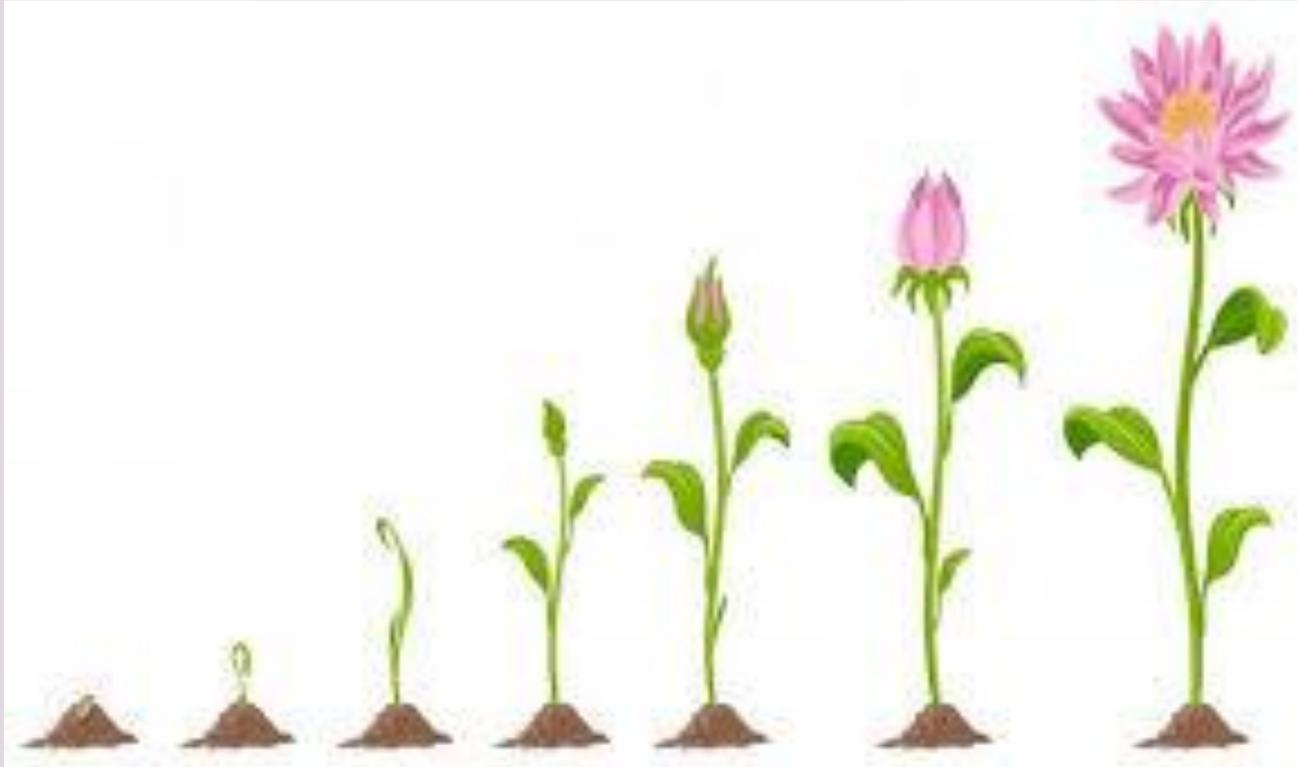
LIFE CARE PLANNING: WHAT WE CAN DO NOW

Sally Asquith, MS, CCC-SLP, CLCP

LIFE CARE PLANNING 101



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LIFE CARE PLANNING 101



EVERYONE HAS A STORY

CHAR'S STORY

- ❖ Cigarettes
- ❖ Hyper-reliance on pain meds, antibiotics
- ❖ Immobility
- ❖ Gravity
- ❖ Dementia
- ❖ ***PLUS...***
 - ❖ Medicare + health insurance
 - ❖ husband extraordinaire
 - ❖ active, involved family

**EVERY STORY HAS AN
ENDING**

EVERYONE HAS A STORY

JORDYN

- Young pic, fall 2017 pic

11/1/17: JORDYN'S STORY

- ❖ ASD (Autism Spectrum Disorder)
- ❖ ADD (Attention Deficit Disorder)
- ❖ ARFID (Avoidant/Restrictive Food Disorder)
- ❖ *PLUS...*
- ❖ > average intellect
- ❖ health insurance + TEFRA
- ❖ elite-status mother

11/2/17

- MVA

JORDYN'S NEW STORY

- ❖ ASD, ADD, ARFID
- ❖ *TBI*
 - ❖ *Altered cognitive status*
 - ❖ *Poor logic*
- ❖ *PTSD*
- ❖ *Reduced mobility: fractured tibia/fibula*
- ❖ *Homebound status*

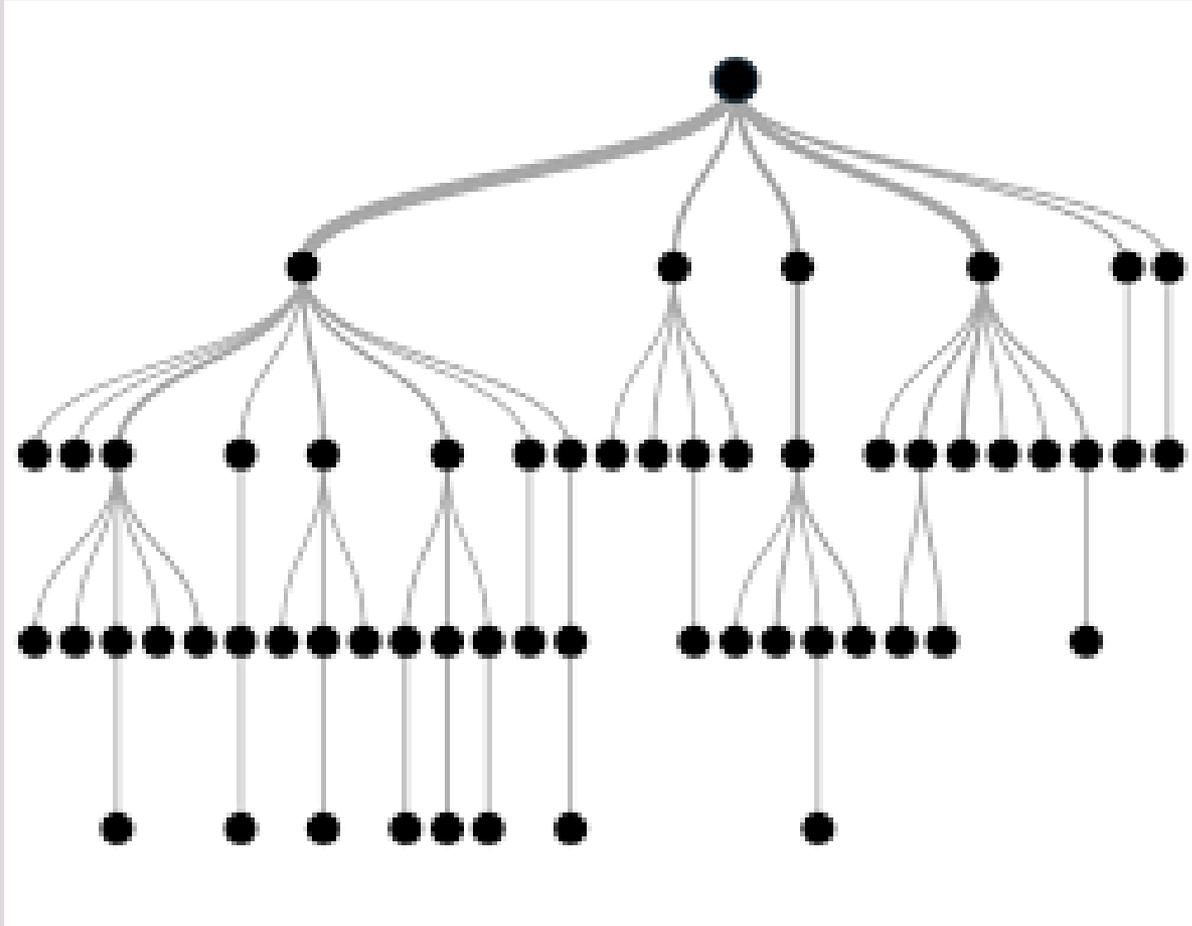
AND THEN IT GOT WORSE

HOT-OFF-THE-PRESS UPDATES

MARLENE'S STORY

- ❖ Advancing dementia
 - ❖ Mild hypertension
 - ❖ ***PLUS...***
 - health insurance
 - \$\$
 - adult children
 - NO smoking, drug dependence, mobility issues
 - Loves to dance

MARLENE'S FAMILY



PRIORITIES

- ❖ Home safety
 - ❖ high-end cooking mats
 - ❖ locking m/w
 - ❖ sand paint on stairs
 - ❖ never alone

PRIORITIES

- ❖ Orientation: free-cheap visual supports
 - ❖ large-easy-to-read calendar
 - ❖ color-code activities
 - ❖ have an “anchor” activity every day
 - ❖ create a predictable schedule
- ❖ Post-it note reminders: FRIDGE IS BROKEN

PRIORITIES

- ❖ **Maintenance plan =**
- ❖ **Medical**
 - ❖ keep all MD appointments
 - ❖ manage hypertension
- ❖ **Health**
 - ❖ keep dancing! anchor the schedule!
 - ❖ physical activity crucial for:
 - ❖ oxygenation to brain
 - ❖ bone density
 - ❖ mobility
 - ❖ socialization

EVERYONE HAS A STORY

Life Care Plans are...

- Practical
- Attainable
- Comprehensive and customized
 - family-specific
 - client-specific
 - weighted with +/- issues
 - carefully formatted in a rubric

QUESTIONS???

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