

Dementia



What are person-centered functional goals?

- Goals identified by the client, in partnership with the clinician and family, that allow participation in meaningful activities and roles

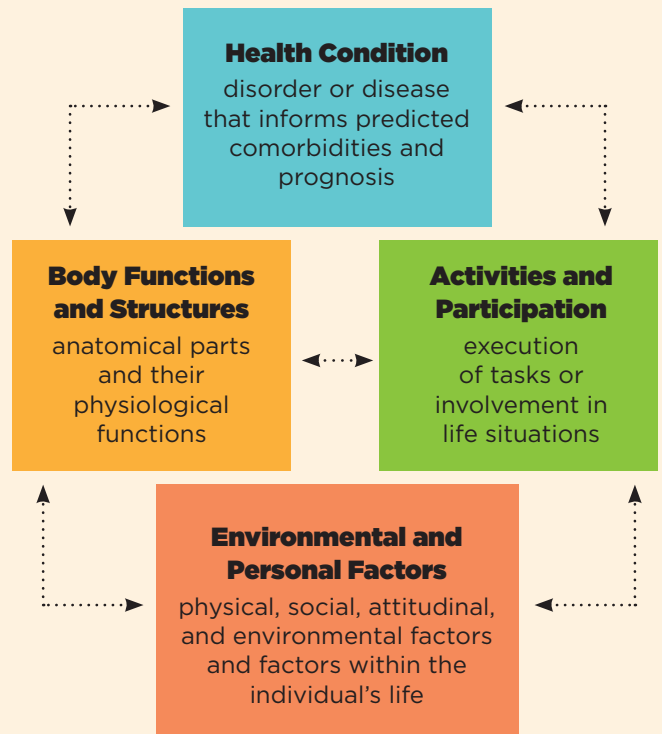
Why target person-centered functional goals?

- To maximize outcomes that lead to functional improvements that are important to the individual
- To optimize the individual's potential to participate in meaningful activities
- To facilitate a partnership that ensures the individual and family have a voice in the care received and outcomes achieved
- To demonstrate to the payers the value of skilled services

What is the ICF, and how does it help?

The International Classification of Functioning, Disability and Health (ICF)—developed by the World Health Organization (WHO)—is a framework to address functioning and disability related to a health condition within the context of the individual's activities and participation in everyday life.

ICF: International Classification of Functioning, Disability and Health



Person-Centered Focus on Function: Dementia

Case study: Mrs. B

Health Condition: Moderately severe dementia (GDS^a stage 5)

Assessment Data

Body Functions and Structures

Cognitive-communication (non-standardized testing)

- Oriented x 2 (person & place)
- Inconsistent responses to simple 1-step directives
- Impaired comprehension of complex/abstract information
- Perseveration of thought and language
- Inconsistent responses to yes/no questions about self/wants/needs
- Impaired safety awareness & problem solving
- Poor recall of major life events (but recalls immediate family)

Activities and Participation

(family/caregiver interview)

- Is unable to live alone due to increased dependence in activities of daily living
- Experiences social isolation (e.g., stops participating in church activities, book club, etc.)
- Responds to written (word- or phrase-level) cues

Environmental and Personal Factors

- Age: 87
- Comorbid chronic health conditions: hypertension, end-stage renal disease, recent history of multiple falls
- Wheelchair use
- SNF resident (since 2 weeks ago for long-term care)
- Difficulty adjusting to new living environment
- Resistance to increased level of care provided in SNF
- Only surviving daughter lives out of state

Clinical Reasoning

What impairments most affect function in this setting or at discharge, based on clinician assessment and the individual's/caregiver's report?

What activities are most important to the individual in the current or discharge setting?

What environmental/personal characteristics help or hinder participation in activities or situations in the current or discharge setting?

Goal Setting

Mrs. B's Functional Goals

Long-Term Goal:

Mrs. B will use functional communication in 75% of situations when provided with customized cues and strategies by trained caregivers in order to participate in self-care and social activities in her setting.

Short-Term Goals:

- Mrs. B will respond verbally or nonverbally to yes/no and dual-choice questions relating to her wants and needs in 80% of trials when provided with multimodal cueing by trained caregivers to increase ability to participate in meaningful interactions with others.
- Mrs. B will use memory aids with 80% consistency to sequence self-care activities given consistent set up and supervision by trained caregivers to increase participation in self-care.
- When provided with set up and supervision from trained caregivers, Mrs. B will read and follow a written script to participate in telephone conversations with family and friends in up to one conversation per day over five sessions.