

# Health Coaching for Dementia Care

## Applying Self Management Strategies Using the Balance of Care ([www.crncc.ca](http://www.crncc.ca))

Please read the following 3 case examples:

### Case 1:

“Mr. or Ms. Upperton is not cognitively intact and is functionally independent in all **ADLs** (e.g., personal hygiene and eating) with the exception of bathing (limited assistance is required). Upperton has some difficulty with **IADLs** such as using the phone, managing medications and preparing meals and great difficulty with transportation and housekeeping. Upperton **has a live-in caregiver**. This live-in caregiver provides advice/emotional support and assistance with IADLs. (note: more than half provide assistance with ADLs.”

### Information on each variable:

- 1. Cognition** – Not intact (short term memory problem; in specific situations, decisions consistently poor or unsafe and cues/supervision necessary at all times; has difficulty finding words or finishing thoughts but if given enough time little or no prompting is required).
- 2. Activities of Daily Living (ADL) Needs** - No help required with most ADLs (locomotion inside the home, eating, toilet use and personal hygiene); client requires limited assistance when bathing (still highly involved in activity but requires some assistance/guided manoeuvring).
- 3. Instrumental Activities of Daily Living (IADL) Needs** – Some difficulty using the phone, managing medications; housekeeping and preparing meals and transportation (needs some help, is very slow/fatigued).
- 4. Presence of Caregiver** - Yes, (53 % = spouse, 42 % = adult-child) Caregiver providing advice/emotional support, [61% provide assistance with ADLs] and almost all provide assistance with IADLs).

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## Case 2:

“Mr. or Ms. Vega is not **cognitively intact** but is functionally independent in all **ADLs** with the exception of bathing (limited assistance is required). Vega has no difficulty with using the phone, some difficulty with meal preparation, and managing medications and great difficulty with transportation and housekeeping (**IADLs**). Vega does **not have a live-in caregiver**. The caregiver is an adult-child who lives outside of the home who provides advice/emotional support and assistance with IADLs.”

### Information on each variable:

- 1. Cognition** - Not Intact (short term memory problem; in specific situations, decisions become poor or unsafe and cues/supervision necessary at those times; has difficulty finding words or finishing thoughts but if given enough time little or no prompting is required)
- 2. Activities of Daily Living (ADL) Needs** - independent in eating, locomotion in the home, toilet use and personal hygiene). Limited assistance required when bathing (highly involved in activity but requires some assistance/guided manoeuvring).
- 3. Instrumental Activities of Daily Living (IADL) Needs** – No difficulty using the phone; some difficulty with meal preparation, and managing medications (needs some help, is very slow/fatigues); great difficulty with housekeeping and transportation (little or no involvement in activity is possible).
- 4. Presence of Caregiver** - Yes, (53 % = spouse, 42 % = adult-child) Caregiver providing advice/emotional support, [61% provide assistance with ADLs] and almost all provide assistance with IADLs). No. (75% = adult-child) Caregiver providing advice/emotional support and assistance with IADLs.

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## Case 3

“Mr. or Mrs. Xavier is **not cognitively intact** and requires some assistance with **ADLs** (independent in locomotion in the home, personal hygiene and toileting; some assistance required with eating; and limited assistance with bathing). Xavier experiences some difficulty using the phone and great difficulty with housekeeping, meal preparation, managing medications, and transportation (**IADLs**). Xavier does **not have a live-in caregiver**. Xavier’s caregiver is an adult child who lives outside the home. The adult-child caregiver provides advice/emotional support and assistance with IADLs.

### Information on each variable:

- 1. Cognition** - Not Intact (short term memory problem; decisions are consistently poor or unsafe and cues/supervision are necessary at those times; Has difficulty finding words or finishing thoughts, prompting usually required).
- 2. Activities of Daily Living (ADL) Needs** - Independent in eating, locomotion inside the home, personal hygiene and toileting. Set-up help required for only for eating (article or device needs to be provided within reach); Limited assistance required when bathing (client is highly involved in activity but requires some assistance/guided manoeuvring).
- 3. Instrumental Activities of Daily Living (IADL) Needs** – Some difficulty in using phone (needs some help, is very slow/fatigues); great difficulty with housekeeping, meal preparation, managing medications and transportation (little or no involvement in the activity is possible).
- 4. Presence of Caregiver** –No. (77% = adult-child) Caregiver providing advice/emotional support and assistance with IADLs.