FAMORA · WEEKLY CARE REPORT

Margaret

Monday, October 19 to Sunday, October 25

4
of 7 days recorded

1
call

9
notes

Notes by category

Category	Notes
Medication	3
Medical Equipment	1
Mobility	1
Mood & Behavior	1
No category	3

Vitals

7 readings this week, as the family recorded them.

When	By	Blood pressure (mmHg)	Pulse (bpm)	Blood sugar (mg/dL)	Weight (lb)	Notes
Monday, October 19, 7:50 AM	Josie (aide)			119		
Monday, October 19, 7:30 PM	Bernie			186		Before the evening insulin.
Tuesday, October 20, 7:45 AM	Josie (aide)	135/88	77	141		

Wednesday, October 21, 7:52 AM	Josie (aide)	147/90	80	154		
Wednesday, October 21, 7:30 PM	Bernie			175		Before the evening insulin.
Thursday, October 22, 7:44 AM	Josie (aide)	142/84	78	125	151	Before breakfast, sitting down
Thursday, October 22, 3:50 PM	Des	136/80	74			After bingo, rested 10 minutes first

Patterns this week

Noticed from calls and notes this week. A starting point for conversation, not a diagnosis.

Some forgetfulness: noted on 2 of 7 days this week.

Significant confusion: noted on 1 of 7 days this week.

Each day

MONDAY, OCTOBER 19

Medication: 12 of 12 taken
Mood and memory: Some forgetfulness · 2 check-ins
Food and drink: Ate well · Drank well · 3 check-ins
Sleep: Up 7:30 AM · Bed 10:00 PM
Washing and dressing: Washed unassisted · Fresh clothes, unassisted
Out of the house: Went out
Vitals: Sugar 186 · 2 readings
Physical therapy: 1 of 2 done · 1 not done

Sleep: Slept through

Food (Breakfast, Bernie, 8:30 AM): Ate well, Some fluids. Prompted to drink more water

Food (Lunch, Des, 12:45 PM): Ate well, Drank well. soup + half a sandwich

Food (Dinner, Des, 6:00 PM): Ate well, Drank well. Pasta, then apple pie. Cleaned the plate.

Mood and memory (Bernie, 9:15 AM): Some forgetfulness. Asked twice what day it was

Mood and memory (Des, 3:30 PM): Some forgetfulness. tired after lunch, kept losing the thread

Out: Hairdresser with Bernie

Physical therapy, Seated leg raises (Not done): too tired after a bad night

Physical therapy, Sit to stand (Done): Both sets, used the chair arms once

TUESDAY, OCTOBER 20

Medication: 11 of 11 taken
Mood and memory: Sharp and engaged · 2 check-ins
Food and drink: Ate well · Drank well · 2 check-ins
Sleep: Up 7:55 AM
Washing and dressing: Not washed · Fresh clothes, unassisted
Out of the house: Stayed in
Visitors: 2 visitors
Vitals: BP 135/88 · Pulse 77
Physical therapy: 1 of 1 done

Sleep: Napped after lunch

Food (Breakfast, Josie (aide), 8:30 AM): Ate some, Drank well. Left half her dinner

Food (Lunch, Bernie, 12:45 PM): Ate well, Drank well. chicken pot pie, asked for seconds!

Mood and memory (Josie (aide), 9:15 AM): Sharp and engaged. Chatty, full of stories

Mood and memory (Bernie, 3:30 PM): Sharp and engaged. Happy and SO optimistic today, already planning the garden for spring!

WEDNESDAY, OCTOBER 21

Medication: 10 of 11 taken
Mood and memory: Significant confusion · 2 check-ins
Food and drink: Ate well · Drank well · 3 check-ins
Sleep: Up 8:00 AM · Bed 10:00 PM
Washing and dressing: Washed unassisted · Fresh clothes, unassisted
Out of the house: Went out
Visitors: 2 visitors
Vitals: Sugar 175 · 2 readings
Physical therapy: 2 of 2 done

Sleep: Restless first half of the night

Medication: Refused the Metformin, said it upset her stomach

Food (Breakfast, Josie (aide), 8:30 AM): Ate well, Drank well. Oatmeal, then soup at lunch

Food (Lunch, Bernie, 12:45 PM): Ate well, Drank well. soup + half a sandwich

Food (Dinner, Bernie, 6:00 PM): Ate well, Drank well. Pasta, then apple pie. Cleaned the plate.

Mood and memory (Josie (aide), 9:15 AM): Some forgetfulness. Muddled in the late afternoon, fine after tea

Mood and memory (Bernie, 3:30 PM): Significant confusion. Muddled around 4, thought it was morning. Fine again by dinner.

Out: Walk round the park with Des

THURSDAY, OCTOBER 22

Medication: 7 of 11 taken
Mood and memory: Sharp and engaged · 2 check-ins
Food and drink: Ate well · Some fluids · 2 check-ins
Sleep: Up 7:40 AM · Bed 9:45 PM
Washing and dressing: Washed assisted · Dressed unassisted · Fresh clothes
Out of the house: Went out
Visitors: 3 visitors
Vitals: BP 136/80 · Pulse 74 · 2 readings
Physical therapy: 1 of 1 done

Sleep: Slept through, up once for the bathroom

Washing and dressing: Chose her blue cardigan for bingo

Food (Breakfast, Josie (aide), 8:30 AM): Ate well, Drank well. Oatmeal and half a banana, two cups of tea

Food (Lunch, Bernie, 12:45 PM): Ate well, Some fluids. chicken pot pie, asked for seconds! only half her water

Mood and memory (Josie (aide), 9:15 AM): Sharp and engaged. Chatty, full of stories about the farm

Mood and memory (Des, 3:45 PM): Sharp and engaged. knew everyone's name at bingo

Out: Bingo at the community center. Won $5!

Physical therapy, Seated leg raises (Done): Did all of them, chatting the whole time

FRIDAY, OCTOBER 23

Nothing recorded.

SATURDAY, OCTOBER 24

Nothing recorded.

SUNDAY, OCTOBER 25

Nothing recorded.

Phone calls

Monday, October 19 at 7:00 PM Sounded content
Called by Des

Talked about Galway and the choir. She asked when Bernie's coming.

Notes

Observation · Mood & Behavior · Monday, October 19

Lovely morning

Sang two hymns with me after breakfast and asked about the garden. Much brighter than last week.

Written by Josie (aide)

To-Do · Medication · Monday, October 19

Schedule flu shot

Written by Bernie

Appointment · Tuesday, October 20

Cardiology review

Bring BP diary and medication list. Mention ankle swelling.

Written by Bernie

To-Do · Medication · Tuesday, October 20

Pick up slow-release Metformin

Ready at the pharmacy after 2pm.

Written by Des

Observation · Mobility · Thursday, October 22

back from bingo

won $5 and very pleased with herself. walked from the shuttle without her stick

Written by Des

To-Do · Medical Equipment · Thursday, October 22

Order more glucose test strips

Down to the last box. The pharmacy needs a day's notice.

Written by Bernie

Appointment · Thursday, October 22

Bingo at the community center

Written by Bernie

To-Do · Medication · Friday, October 23

Pick up the Furosemide refill

Pharmacy says it's ready after 2pm.

Written by Bernie

Appointment · Saturday, October 24

Eye exam

Optometrist on Oak Street. Check the reading prescription.

Written by Des

Questions for the doctor

Still to ask

Ankles are swelling more at night. Is that the Furosemide wearing off? · added by Bernie, Thursday, October 15

Could the Memantine go to once a day? Evenings are a battle. · added by Des, Friday, October 16

Is she due a flu shot and the new COVID booster? · added by Josie (aide), Saturday, October 17