

Helen's story...

Diagnoses: Dementia, Osteoarthritis, hypertension and cardiovascular disease.

Helen has moderate dementia and is unable to initiate or complete basic activities of daily living without assistance – eating, showering, going to the toilet, balance issues and very high falls risk. For safety reasons Helen is supposed to use a 4 wheely walker to walk, but she forgets. She has had a couple of falls before coming to live in the facility. She needs 1 care staff to assist with these activities.

Helen is a happy person but very confused, especially in the afternoons and she can say inappropriate things to other residents and visitors which they find upsetting. She can also become restless. When she is very restless, she seems to become calmer when she can sit and pat the dog that lives in the facility.

Helen benefits from daily involvement and participation in the exercise group held in the lounge area and sometimes likes to lead this session with assistance and support from care staff. Sometimes she gets tired quickly and might only watch or do the lighter exercises.

She also likes to cook and at least 3 times per week is involved in baking and cooking delicious treats for the residents with a lot of support and assistance from staff. The other residents enjoy the great cooking smells that permeate the community!

Helen began walking in her later years and enjoys walking in the fresh air. She goes with other residents and staff in a group on a stroll of the grounds twice weekly. She tries to avoid taking her walker but needs this for her safety.

Helen's family are very anxious about her deteriorating condition due to her dementia and cardiovascular health. Staff provide frequent support and counselling to family about their concerns. Staff are in the process of assisting Helen's family to complete an Advance care plan (Part B).

Helen looks forward to her weekly visit from the chaplain and likes to go to church on Sundays too. A staff member takes her to the service.

Helen likes to listen to her favourite music and this seems to soothe her. The staff have loaded this music along with photos of her family onto an Ipad and sit with Helen in the afternoons talking about her life and family.

Helen is prescribed a lot of medications for arthritic joint pain and cardio vascular issues and she has difficulty swallowing the larger medications. She also becomes distracted and needs lots of encouragement to take her medications and sometimes won't take them and staff have to go back and try later. Has a weekly massage and daily joint supports applied.

If Helen was admitted after 1 January, 2017 she would receive \$51 a day less for the same care. That's \$18,596 a year in lost funding. How can we provide the same level of care for Helen?