

A Caregiver's Guide to Norbert*



* Personal information has been changed to prevent Spam

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How you can help:

1. **Check mental and physical status:**
 - Help him open his lunch meal, if needed.
 - Ask how he is doing and if there is anything he needs?
(Note anything unusual in his appearance and speech & call 911 if needed.)
 - Help him clean and bandage any injuries (usually to his feet).
(First aid items are in front hall closet.)
 - Ask if he has taken his medicine or had any falls.
 - Ask if he needs help getting on socks or getting fresh clothes from the closet.
(He only wears elastic-waisted pants now and needs button up shirts pre-buttoned except for the top two buttons, so he can slip them over his head.)
 - Ask if he needs his glasses cleaned. *(Use Windex & a paper towel.)*

2. **Make sure the kitchen and dining areas are more or less safe & clean:**
 - Empty clean dishes & put dirty dishes into the dishwasher and turn it on.
(Detergent is under the sink.) or just hand wash if you prefer.
 - Wipe off counters & table. *(I usually use Windex.)*
 - Quick clean any spills or broken glass.

3. **Help prepare for his next meals – evening & breakfast:**
 - If it is Tuesday, bring in milk from delivery box on the front porch & put it in the refrigerator. *(Make sure one bottle is open with enough milk for him to use in cereal and coffee tomorrow.)*
 - Get coffee ready for tomorrow.
(Empty coffee grounds into trash and rinse filter. Rinse the coffee pot. Refill the coffee maker with 4 cups of water (based on lines on the pot) Replace and refill the filter with 5 scoops of coffee (in the freezer)
 - Ask if there is anything you can do to help him with supper or tomorrow's breakfast:
(for example: cutting some cheese or fruit, opening a can of soup and pouring it into a bowl to be warmed up later, making a sandwich, getting something out of the freezer.)

(Please be sure to close the freezer drawer tightly!)

4. **Update the caregiver log with a brief note or two to me.**

I am thinking this should not take more than 20-30 minutes unless he has broken something or is really not well, in which case, please call me on my cell phone.

Thanks, Carol

Where is it?

First Aid Supplies	– in front hall closet
Non-latex Gloves	– same as above
Emergency #'s	– same as above (also in <u>this</u> caregiver guide & green medical info. folder)
Towels & Sheets	– same as above
Extra Toiletry	– same as above
Broom	– in washroom, handing left of washing machine
Vacuum	– front entry closet
Cleaning supplies	– in washroom, in cabinet above washing machine (sometimes on kitchen counter or under sink)
Rags	– in washroom, in cabinet above dryer
Paper towels	– same as above
Light bulbs	– same as above
Fresh sponges	– same as above
Dish washer soap	– under kitchen sink
Norbert's meds	– in white cabinet in master bath (& extras in medicine cabinet near closet)
Norbert's clothes dresser	– underwear, socks, hankies, sweaters in bedroom – shirts, pants, dress jackets in closet on the left – warm coats in entryway closet - hats & gloves in plastic tub in bottom of front hall closet

Norbert's Typical Day Schedule

8:30 am	gets up, eats breakfast (cereal & coffee), reads, checks email, makes calls
9:30 am	takes meds, goes to toilet, showers & dresses exercises on bike, uses computer
Noon	eats hot lunch, then naps on couch
2-5 pm	reads or uses computer, takes visits
5 or 6 pm	eats light supper, watches TV, reads, or uses computer
10:30 pm	takes night meds & goes to bed

Medical Conditions & Brief History: *(This and medication information should be shared with a medical professional when needed.)*

Norbert has severe bilateral neuropathy in his legs and hands with significantly decreased motor control in those areas. He does not sense touch on his feet, legs or hands. He does sense pain but the sensation is distorted, so he may have a strong pain reaction to things that most people would not sense as pain, or he may injure himself (especially feet) without realizing it. He has a history of severe falls and injury due to his neuropathy and frequently drops and breaks things.

(Note: if movement problems, weakness, or facial appearance seems to be asymmetrical – more noticeable on one side than the other, it may indicate a stroke or head injury. Please be watchful for asymmetrical movement, appearance, slurred or confusing speech and call 911 if you notice it.)

He has an atrial flutter in his heart but cannot be treated for it with blood thinners because of his 2007 subdural hematoma. In 1998, he had a CABG x2 and continues to have coronary artery disease and high blood pressure controlled with diet and medication. He has diabetes that is completely controlled through diet, for now. He has asymptomatic gall stones.

He has a very slowly growing form of Non-Hodgkin's lymphoma, a cancer in the bone marrow and plasma cells that is likely causing his CIDP (chronic, inflammatory, demyelinating, poly-neuropathy, a rare autoimmune disease similar in some ways to MS and sometimes called paraproteinaemia). For this, he gets Rituxan 1x per week for 4 weeks, every 6 months through Dr. Romero. Between 2005 and 2007, he received 3 days/ month infusions of IVIG (intravenous immunoglobulin). This was discontinued when he began receiving Rituxan.

Activities of Daily Living: *(what Norbert can & cannot do right now)*

- OK to transfer himself between wheelchair & bed, toilet, couch.
- OK to prepare his own cereal & pour his coffee, but needs extra spoon handle to eat.
- Sometimes has difficulty pouring the milk if it is full. He needs help making coffee.
- OK but slow to answer the door.
- He has difficulty opening Meals-on-Wheels dishes, cans, jars, bottles even if they were previously open.
- OK to toilet, shower, dress himself, but cannot easily get into closet and cannot put on socks.
- OK to take his meds, uses scissors to open some.
- Not OK to cook except with a flat dish in microwave.
- Somewhat OK rinsing dishes, but has difficulty carrying from table into sink or putting into dishwasher.
- Has difficulty reaching top shelves in pantry & refrigerator.
- Has extreme difficulty going up & down stairs but tries anyway be holding on tightly.
- Not OK to walk without holding on to something stable, nor to walk more than about 50 feet.
- Not OK to stand without holding on to something stable, nor to stand for more than a few minutes at a time.
- OK to exit & enter the house using the ramp in garage, but may have difficulty with the house door and its automatic shut safety feature.

List of Medications

Patient: Norbert H.
DOB: June 5, 1932

Rx: Flomax .4 mg daily
 Fluoxetine 20 mg daily
 Hydrochlorothiazide 25 mg daily
 Levothyroxin 112 mcg daily
 Micardis 80 mg daily
 Vytorin 20/10 (1/2 of 40/20) mg daily
 Temazepam 15 mg as needed for sleep
 Rituxan 4x800mg 10/07-4/08-10/08-4/09
 (suppresses immune system)

O.T.C. Multi-Vitamin/Mineral (equiv. to Centrum Silver) daily
 Aspirin 81 mg daily

Personal & Resource #'s

Medical #'s

For help or to report something, first call the numbers below in red.

<p>Home 9208 Prospect, Fort Collins, CO 80525 Home 888 555 2240 Cell 888 555 9010</p> <p>Ryan K., M.D. & Travis K. (daughter & son-in-law) 2211 Northfield Denver, CO Home 888 555 3600 Ryan's Cell 888 555 8200 Travis' Cell 888 555 8200 Ryan's Pager 888-555 8000</p> <p>Meals-on-Wheels Office 970 484 6325 (Call before 9am to cancel.)</p> <p>Volunteer of America Sarah Power 888 555 9630 (Program Coordinator) Karen Miller 888 555 5544 (Volunteer Companion)</p> <p>Larimer Co. Office on Aging Rose Gollan 888 555 6800 (Caregiver Support Coord.)</p> <p>Dial A Ride 970 224 6066 (Ask for wheelchair accessible van only, no taxi.)</p>	<p>Medical emergency 911</p> <p>Dr. Sukhi Khera, M.D. Primary Care Physician Ft. Collins Office 970 482 3820</p> <p>Dr. Paolo Romero, M.D. Oncologist Ft. Collins Office 970 493 6337</p> <p>Dr. Diana Quan, M.D. Neurologist Univ. of Colo. Denver Office 720 848 2080</p> <p>Home Health Care Jill Detweiler 970 493 1131 (Jay & Jeannie)</p> <p>Rx – Sam's Club Pharmacy 970 204 7817</p> <p>Mobility & More Tab Black, ATS, RTS – Power chair service Loveland Office 970 461-8400</p> <p>For other resources see the Larimer County O Aging: Resource Guide 2007-2008 "Answers on Aging".</p>
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