

# 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

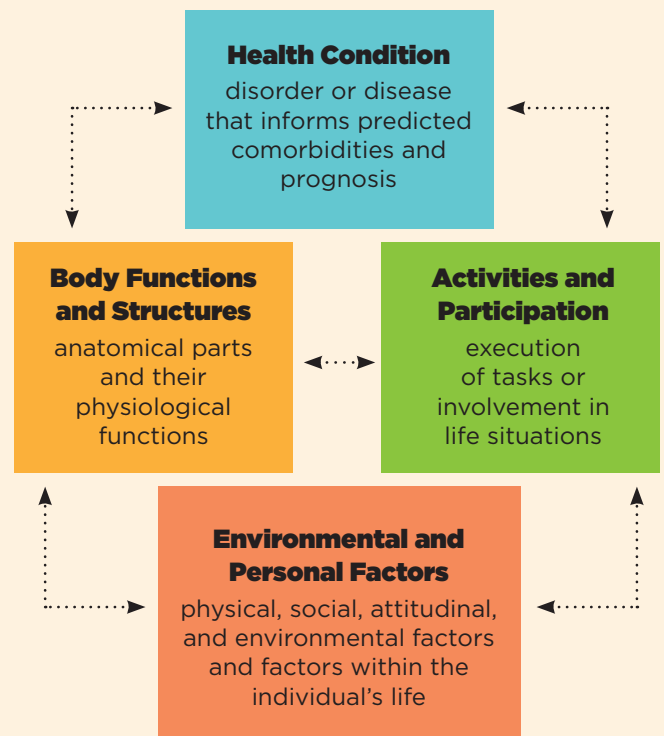
## Why target person-centered functional goals?

- 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<sup>a</sup> 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.