

PERSON-CENTERED PLAN OF CARE FOR: MARGARET KAPENSKI

DATE STARTED: XX/XX/XXXX

A LITTLE ABOUT ME: My birthday is June 13, and I am 85 years old. I was born in Pittsburgh, PA. I grew up with two brothers and two sisters. Mother and Dad were wonderful parents and my siblings and I got along very well. My two brothers have died, but my sisters Mary and Elizabeth (Betty) are still living. Mary lives in Camden, NJ and Betty lives here in this town where this facility is.

I lived for 65 years in Uniontown, PA. I married Adam Kapenski when I was 19 and had three boys – Adam Jr, Gregory and Edward. All three of the boys got married to wonderful girls and I have 5 grandchildren and 4 great grandchildren. I maintained a small home and loved to can fruits and vegetables. My husband had a large garden and spent most of his free time keeping the weeds out. Being from a “Slovakian” background, I fixed a lot of meat and potato meals and baked cakes, pies and cookies for our desserts. Our Saturdays were spent at the super market and shopping in town. My husband was a coal miner and died shortly after retiring after 42 years in the mine at the age of 63. It has been hard without him but I have done the best I could and still lived in the same house until coming here. My son, Edward, lived with me after his divorce and took care of me until my recent stroke.

When I was growing up I liked to play cards, roller skate, and dance at the local dance halls. In my older years after my husband passed away I started playing Bingo at the local church and really enjoyed that. I always have been interested in word puzzles and do several each day – usually during my TV watching. I like my “stories” – Guiding Light and Days of Our Lives – and have been watching them for many, many years. I also watched the evening news and Jeopardy every night while enjoying a bowl of ice cream with pretzels.

One of the things that I have done for years is write letters to my friends and family. I have every kind of card you can imagine and when I need to send someone a sympathy or birthday card I just look through my collection and find just the right one. I collected the cards because each time we would go shopping I would pick up a few “just in case” and they have come in handy now that I am not getting out as much anymore. I used to call my sisters, family and friends daily and enjoyed the socialization and conversations.

I am a Christian and believe in Jesus Christ. As with any Christian I know that my time on earth is limited and I look forward to seeing my Savior after I leave this world and enter Heaven. Before coming here I read my Bible daily and attended church regularly or watched services on TV.

I have experienced some medical conditions and operations including: hip, knee and foot surgery, hysterectomy, and a broken arm. They tell me I have a heart like an Ox.....and I feel pretty good except I have to have such difficulty standing and walking.

A LITTLE ABOUT WHAT HAS HAPPENED TO ME RECENTLY: Before the stroke 3 months ago, I was limited in my mobility due to the Arthritis that I have had for about 45 years mostly in my legs and feet. My physical condition has been affected by the stroke to where I can no longer walk for long distances or without a walker. This condition has left me dependent upon others to help me get started walking and for wheeling me in my wheelchair for long distances. Because my house is a two story with the bedrooms on the second floor it has become very difficult for my son to get me upstairs to bed even though my sons installed one of those chairs that go up the stairs. My feet are pretty deformed from the arthritis and my knees hurt most of the time.

My son, Adam, handles all of my financial things and even though he lives in the Chicago area told me he would visit regularly. My other son Gregory and his wife live in Arizona with their family. We sold the house so I could come here to live and Edward moved to Arizona and took a job where Greg works.

I’ve never been in a place like this before but this seems very nice and the people are very friendly. My sister Betty comes to visit me every day and I really appreciate seeing her. It is good to have her around so that we can talk about our families and enjoy each other’s company. Her children also come to visit me regularly and the pastor from her church visits me on a monthly basis. I talk to my sons on a weekly basis and they send me videos of their family that I look at on my TV with the DVD player.

A LITTLE ABOUT WHAT I PREFER:

Meal times:

I really like hot coffee and iced tea

I really liked most foods and have my own teeth.

Breakfast is my least favorite meal and my usual routine in my home was to eat after 9 am in the morning – usually coffee and toast

I do like most sweet tasting food and drink.

Personal Hygiene:

I don't like showers because of all of the standing

I would like to try a whirlpool bath

I don't mind having a gentle "sponge bath" - I can sit on the edge of the bed

I like my hair washed and styled weekly – I like to go to the beauty shop

I like to be dressed in my own gowns and clothes. I would like to be able to wear my pretty pants suites and jewelry

I like a little bit of perfume on when I go out of my room for the day

I like to keep my teeth brushed twice a day

I like my nails manicured regularly

I need help after I use the toilet to wipe myself especially after a bowel movement

Movement:

I prefer to be moved gently because of the pain I experience when my legs and feet are moved quickly.

I can move my legs by myself and reposition myself while in bed, but it takes me a lot of time to do it.

Getting in and out of a chair can be painful for me because of the arthritis in my hips, it just takes time for me to do it.

SOME SPECIFICS ABOUT MY DAY:

I like listening to my Bible tapes and would like to do that daily – preferably in the morning before breakfast

I like to watch the TV – my stories in the afternoon and the news and quiz shows after dinner

I am not an early riser

I would like to be able to go to the dining room for all of my meals because I like to socialize with others – I don't mind going to breakfast in my robe.

I would also like to play word games, Bingo, go to hymn sings, and cooking and baking groups.

SOME IMPORTANT THINGS THAT I NEED HELP WITH:

I continue to be able to dress, groom, transfer or stand by myself for brief periods of time but need help setting things up.

I need help putting on undergarments, socks, and shoes

I need help in the bathroom going to the toilet – in the transferring and up and down – and in personal hygiene

I would appreciate help getting to the dining room and group activities on a daily basis

I can bathe my upper body but my lower body is difficult for me to get clean

HOW YOU CAN HELP ME:

Be patient with me, please.

I am an intelligent person and can make decisions for myself when I have all of the information. It may take me a little time to think about what has been said, but that doesn't mean I'm not interested - it just means I am thinking about it. Give me time to decide, please.... This is new since my stroke.

If you will discuss events with me first and let me ask questions about it so that I can have a better understanding, then I can make a decision about what I want to do. It really helps me to have things planned ahead of time – please don't just ask me on the spur of the moment if I want to do something – I don't respond very positively to that approach. I prefer to have things scheduled and in visible sight so that I can prepare myself for them. I do like simple reminders.

I prefer to be called Margie or Marge

I like to know your name so please introduce yourself to me - sometimes I can't read name tags – however, once I know your name I won't forget it.

PERSON-CENTERED PLAN OF CARE FOR: MARGARET KAPENSKI

DATE STARTED: XX/XX/XXXX

Please listen to me carefully while I am speaking to you – I know that my voice is soft and I have lost some of the volume to my voice due to the stroke. If you listen carefully and let me finish what I am saying then we can have a wonderful conversation and you might be able to understand me better.

I enjoy sharing with you, if you want to share with me please do.

I also enjoy very much “intelligent” conversation. If you have time, let’s talk about the news of the day, historical events, music/old songs, and my Christian faith.

There are times when I am fearful and anxious – especially when I hear someone speak disrespectfully to me. I think that they don’t like me and I worry that I will get hurt. I don’t want to think “bad” things about people but when people who come into my room that don’t look like they want to help me - when they don’t smile at me and speak nicely to me, I feel uncomfortable around them and I become fearful.

I prefer a smile and kind word from a person. I also appreciate a simple social exchange before we start doing something together.

GOALS:

1. I would like to be out of my room for meals on a daily basis
2. I would like to be OOR daily in my new wheeled chair and select group activities to attend. Please plan with me and write on my wipe-off calendar so that I can be ready for them when the time comes.
3. I would like to go to the hairdresser once per week. Please put that appointment on my wipe-off calendar
4. I would like to watch my stories daily in the lounge or in my room and listen to my Bible tapes in the morning after breakfast
5. Please be attentive to when I need to go to the toilet..... I will usually let you know in advance so that I won’t have an “accident”
6. I would like to be pain free. My joints hurt when I am moved, so please be careful when you transfer me and help me walk
7. Please monitor my pain medications carefully; I don’t want any side effects like lethargy and feeling dizzy.
8. Please be patient with me, I am not always in a good mood and sometimes need encouragement to go out of my room. I might even tell you “no” – please explain the importance of what is being proposed for me to do and help me make an informed decision.
9. Thank you for taking good care of me.