

**To meet Janice's changing needs her Plan of care needs to be totally flexible. The one to one person assessing moods and wants on a minute-by-minute basis**

Harness to be used when in wheelchair (wheelchair is only to be used in an emergency) Seat belt to be used when in hydro-tilt chair

Give your full attention to Janice during her one to one care. Spend time talking, playing, reading, massaging, and using tactile type activities etc.

When in the soft room ensure the padding is viable.

Alternate sitting on the beanbag or on the mattress with Janice.

The hydro-tilt chair is used for her meal times and walking inside or outside the home Janice loves being outside.

if appropriate, alternate between the room and her chair hourly

Aromatherapy can be given in chair, bed, or soft room

Before Janice goes to bed ensure she will be safe as per the care plan

Complete observation/behaviour chart half hourly. Detail what you have been doing and Janice's reaction to activity.

Time	Event	Position	By Whom
0600-waking	15-30minute checks and monitoring. Until awake, carer to help care for other residents in the cluster	Bed	Dedicated carer
Waking	Depending on time <b>Before 11:00</b> Get Janice up and give her a drink Bath Janice allowing time for relaxation in the water Give breakfast in chair <b>After 11 :00</b> Give a drink and breakfast in chair then Shower or strip wash.	Bedroom Bathroom Chair	Dedicated carer + 1-2 cluster carers
n.b. Till 11:00 allow to wake naturally.			
20mins	Aromatherapy massage Classical music Drink water	Chair/Bed	Dedicated carer + 1 cluster carer for transfer
1hr	Exercise Lights	Soft room	Dedicated carer + 1 cluster carer for transfer
30 mins	Drink Transfer to bedroom to change pad	Bedroom	Dedicated carer + 1 cluster carer for transfer
12:00 1 hr	Lunch	Chair	Dedicated carer + 1 cluster carer for transfer
13:00 1 hr	Exercise Tactile activities	Soft room	Dedicated carer
1400 1 hr	Walk outside or sitting in the garden Change pad	Chair Outside Bedroom	Dedicated carer + 1 cluster carer for transfer
15:00	Drink and cake(before settling in soft room)	Soft room Street [this is the main	Dedicated carer + 1 cluster carer for transfer

	Exercise/or activity	public area which is a large long conservatory]	
16:00	Exercise/or activity	Street Soft room	Dedicated carer + 1 cluster carer for transfer
16:30	Transfer to bedroom to change pad	Chair Bedroom	Dedicated carer + 1 cluster carer for transfer
17:00	Tea	Chair	Dedicated carer
18:00	Exercise	Soft room	Dedicated carer + 1 cluster carer for transfer
19:00	Walk in chair Drink	Around home	Dedicated carer + 1 cluster carer for transfer
20:00	Exercise	Soft room	Dedicated carer + 1 cluster carer for transfer
20:30	Soak in Bath Get ready for bed	Bathroom	Dedicated carer + 1 cluster carer for transfer
21:30	Drink and Supper	Chair Bedroom	Dedicated carer + 1 cluster carer for transfer
21:30-22:00	Settle in bed Hand over and issues to night staff Commence 15 minute checks Reverting to half hourly once settled and asleep	Bed	Dedicated carer + 1 cluster carer for transfer

N.B. if Jan falls asleep take to room earlier and monitor.

Maintain all charts regularly

Ensure you promptly relieve each other and follow the timetable