

## **Case study Comparison: Client #1 (AlzBetter) and Client #2 (non AlzBetter)**

### **Client #1: (AlzBetter)**

This study is for a 92 year old male client (referred to here as Client #1), suffering from dementia of the Alzheimer's type for the past 4 years. Client has been married for 58 years; his wife was his primary caregiver until he was hospitalized with CVA in October, 2014. He has 5 children with 2 daughters being his emergency contacts. Aside from his spouse, the children are very supportive.

Client is a "2" on the AlzBetter scale

### **Diagnosis**

Client has hypertension, ambulatory dysfunction, borderline DM, CVA, rt. Side weakness, enlarged prostate; 2L O2 continuously.

### **History of Symptoms & Problems**

Suspicion, confusion, anger, poor judgment, forgetfulness; chronic fatigue, wandering, violent outbursts and falls

### **Plan**

Client currently has homecare assistance 24/7 utilizing the AlzBetter program. An individualized activity plan was created providing a structured routine, Essential, Productive, Enjoyment, Wellness and Recuperative activities. Ideally, these activities will limit the amount of napping client was doing as well as assist in providing a meaningful day. For example: Essential activities such as ADLs must be provided daily, therefore our caregivers are provided with training to properly handle negative behaviors when necessary. Puzzles (12 pc.) were provided with the goal of initiating conversation. Client enjoys counting and separating coins, building things, assisting in putting his train set together. He may assist in folding clothes, playing bingo, cards, (War) board games with supportive family members, reminiscing while looking at family photos. The activity plan is reviewed and updated monthly or as needed.

### **Outcomes/Current Status**

Client has responded positively to AlzBetter activities; his family members are pleased with the positive outcome, providing much relief to his spouse. The trained caregiver communicates daily with the care manager regarding client's responses to scheduled activities using the QOL tool. If a negative behavior is noted, the care manager is able to monitor, assess and evaluate what may have triggered negative response, and revise activity plan accordingly.

## Client #2: (Non AlzBetter)

Client #2 is a similar client and is an 89 year old male. He is suffering from Alzheimer's and has been so for the past five years. Client's primary caregiver is his daughter who lives across the street. His daughter works full time and supplemented her care with a paid caregiver for 40 hours per week. His wife also lives with him however she is not capable nor responsible for any of his care needs. Client #2 is also a "2" on the AlzBetter scale.

### Diagnosis

Client #2 was not on the AlzBetter program nor were his caregivers trained in this system. He would wander when left unattended and had four unique instances where the police had to be notified to help locate him. Client also had violent outbursts and would yell, scream and threaten his family members when he was highly agitated. It was these outbursts that eventually led to him being removed from the home setting and ultimately placed in a skilled nursing facility.

### History of Symptoms & Problems

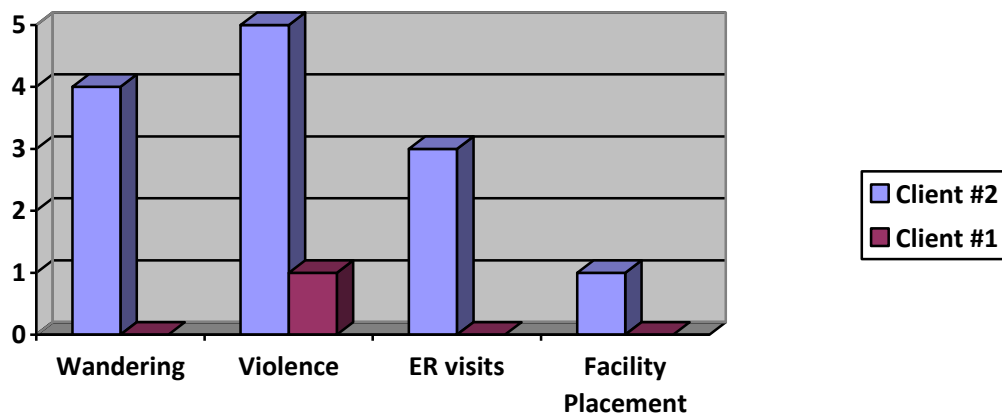
Prior to being placed in the skilled nursing facility because of his outbursts, Client #2 had three trips to the emergency room (ER). Two visits were for an infected wound in his genital area and one visit was for a fall he had while wandering.

### Plan

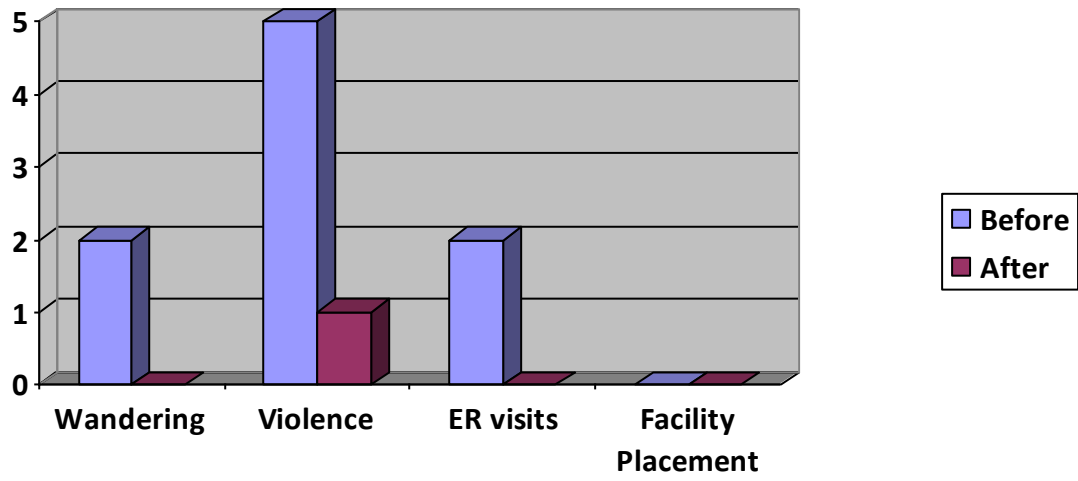
The family's initial plan was to hire a private home care agency to supplement the daughter's caregiving efforts.

### Outcomes/Current Status

The graph below is based over a four month period of time and comparison between individuals



### Client #1 Before & After AlzBetter Program was Introduced



**Medication Profile for Client #1  
(no known allergies)**

<b>Medication</b>	<b>Dosage</b>	<b>Route</b>	<b>Frequency</b>
Seroquel	25mg	po	Q12
Pravachol	4mg	Po	Qhs
Aricept	10mg	Po	daily
Lexapro	10mg	Po	Daily
Proscar	5mg	Po	Daily
Synthroid	.125g	Po	Daily
Omeprazole	20mg	Po	daily
Flomax	0.4m	Po	qHS
Lisinopril	2.5mg	Po	Daily
ASA (aspirin)	81mg	Po	daily
Colace	100mg	Po	2x day
Vitamin B12	1000mg	Po	daily