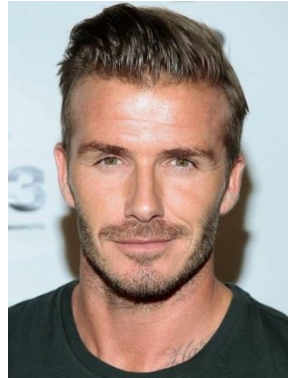


CLIENT PROFILE



Name: John Doe
Address: 123 Any Street, Any Town, Any County
Tel no: 01234 256891
Date of Birth: 01/10/1978
Occupation: Office Work
Level of Injury: Tetraplegic C4/5
Bladder: Sheath with leg bag
Bowels: Enema (ever 2nd day on the bed)
Moving & handling: Ceiling hoist, standing frame

Medical History: No recent health problems
Care requirements: Assistance with getting up, washing, dressing, showering (using shower chair), cooking, cleaning, shopping, personal care. Carer to drive- Fiat
Interests: Music, going to the pub, rugby, TV and reading.
Other details: Has a dog- carer required to feed once a day and walk twice a day.

About Me and My Routine

My name is John Doe and I am 30 years old. I had a spinal cord injury 10 years ago, C4/5 incomplete and can feel all over. I am quite easy going, not very demanding and enjoy good sense of humour. I do suffer from low blood pressure, which can make me feel very faint. I have medication for this, which does not always work, so I may ask you to place my feet on the table and sit with me until I feel better. I have a dog names Blue, he is an 8 year old spaniel and is very friendly.

Doc No 34b 24.11.2011 Approved by: 

My Routine

I usually get up around 8am, depending on how well I sleep and what there is to do. This is quite straightforward and simple: wash me down on the bed. Change my sheath and fit leg bag. Dress my bottom half and put my shoes on. I use a ceiling hoist, so there is little heavy work to place me in my chair.

I then go to the bathroom and clean my teeth, wash my face and top half of my body. I don't shower now due to the deterioration of health. I then complete dressing and go through to the lounge for a drink. I don't eat breakfast. This process takes less than one hour. Then please make my bed and take Blue for a walk. You are now free to have your breakfast and do whatever you wish.

Depending on the circumstances of the day there may be some shopping to do in the village.

At 11am (-ish) I would like you to prepare and cook my main meal, which I eat at midday. You can eat with me or cook your for yourself later. I would prefer you ate at the table and not in your room. I will need you to cut up my food into bite-sized pieces, but I can use a fork and feed myself. When you have washed up and tied up the kitchen please let the dog out into the garden, then you can have some free time unless there are any hospital appointments. You will find that I am quite flexible.

On occasions there are times I need to go on the bed to empty my bladder, but these are infrequent and do not take too long. If you have something pre-planned for the afternoon, this can be done before you leave.

There is very little for you to do in the afternoon, so you are free to go out for walks and visit places (this is subject to varying circumstances). The local shopping centre is only 15 minutes' walk; there is also a library with internet access.

I eat very little for tea, which is between 4:30pm and 5:00pm and is usually a sandwich and yogurt. Please take Blue for a walk whilst I eat my tea.

I usually go to bed around 10pm, this is simple procedure: undress me to the waist, clean my teeth. Fit hoist and sling and go to bed. This is when I have my bowels done, which is not usually very long or very difficult. Then I settle down to sleep, this process takes 30-40 minutes.

*There will also be general household's duties, such as cooking, washing, ironing and cleaning.