

Spinal Homecare Client Live in Care Plan.

Client Name – Client A

Day	Approx. time	Activity	Method of assistance and support given to the client	PA's Comments
Daily	08:30 – 10:30	PA to wake up and check on the client	The PA will check to see if client is still sleeping, as client doesn't start his day at a set time and he will let the PA know when he is ready to get and if he wants anything while he is in bed. During that time the PA can make breakfast, have a shower and get organised to start their day.	
	10:30 – 12:30	Disconnected night bag	The PA will put on gloves and disconnect the night bag from the leg bag. Ensure that the leg bag is closed before doing this and use a piece of toilet paper to absorb any drops of urine. Ensure that leg is safely positioned on the bed. Empty the contents of the night bag into the toilet as well as the toilet paper. Rinse out the night bag and empty again. Flush and hang the night bag over the back of bathroom door. Remove and dispose of gloves and wash hands.	
		Assisting the client to start his day.	When client is ready to get up he will ask for a cup of coffee with milk. PA will leave the coffee on the table and then give the bed control to client so he can sit up. Client will need about 5 to 10 minutes to wake up properly and drink his coffee. The PA can use this time to get things organised for his bowel regime and having a shower.	
Every 2 nd day		Start bowel care regime	All supplies are kept in the bathroom. The PA will need inco-sheets, KY gel, wipes, rubbish bag and latex gloves. Medication used mirolaz-enema, 1 glycerine and 1 bisacodyl suppository. Place all the items on the table and assist client to reposition himself onto his left side.. The side rail on his bed will need to be up so that the PA assists with his positioning. PA will put on glove and using the KY will insert the suppositories into the rectum. Dispose of gloves and wash hands. Leave suppositories for 10 to 20 minutes before inserting the enema, check with client. Ensure that you are wearing gloves. Dispose all the rubbish into the rubbish bag and wash your hands.	

Day	Approx. time	Activity	Method of assistance and support given to the client	PA's Comments
Daily	10:30 – 12:30	Transfer from the bed to the shower chair	PA will need to get the shower chair from the bathroom and position the bed, check the breaks are locked. Position the sling under client and attach the straps onto the tracking hoist and make sure the leg bag is on client's lap before transferring. Client can operate the hoist himself but the PA will need to support his legs during the transfer. Once client is safely positioned onto the chair the PA will remove the sling and leave on the bed. Client can reposition the chair himself, check with him. Then place an inco-sheet on the floor under the chair and continue with the bowel care.	
Every 2 nd day		Bowel care regime continued	The bowel care is carried out in the bathroom. Client will direct when to start but he has said that it takes the enema about 5 to 10 minutes to work effectively and obtain a result. Client will have another cup of coffee while waiting. The PA will put on gloves and do a digital check using KY gel if he has not had a spontaneous result. The PA will need to manually evacuate if the rectum is full or open. Each time there is a result the PA will replace the inco-sheet into the rubbish. Use the wet wipes to clean the area each time a result has been obtained and put in the rubbish bag. Repeat until the bowel has emptied and closed. Client has said that the procedure takes 30 to 45 minutes to complete.	

Day	Approx. time	Activity	Method of assistance and support given to the client	PA's Comments
Every 2 nd day	10:30 – 12:30	Disposing of rubbish on bowel days	When done the PA will double bag the rubbish and dispose of in the bin outside of the building. Client will tell you where it is and wash your hands when you return and put all items used in the bathroom. Remember to take the keys with you and put them back when you return. They kept on the hook above the light switch in the kitchen and if unsure check with client.	
Daily		Shower routine	Client will propel the shower chair into the bathroom and position the chair for his shower and will take off his t-shirt. The PA will put the t-shirt into the laundry. The PA will need to assist to turn on the shower for client and to wash his bum. PA will put on gloves, get a flannel and place shower gel onto the flannel. Rinse his bum with water, wash the area and rinse again until clear of soap. Dispose of the flannel in the laundry, remove and dispose of gloves and wash your hands. Client can shower himself but the PA will need to assist to set him up with what he needs which is a flannel, shower gel, 2 towels on the toilet set and shampoo in his hand to wash his hair. The PA can leave and client will call if he needs any assistance. When client has finished his shower he will dry himself off and turn off the shower.	
Daily		Transfer from the shower chair back onto the bed	Client will propel the shower chair back into the bedroom and position beside the bed and apply brakes. Client will then call the PA to assist with his transfer back onto the bed. The PA will dry his back before positioning the sling and client will help to lift his legs to get sling under his legs. PA will position the hoist, attach the straps and support client as he hoists himself back onto the bed. Check that his leg is on his lap before hoisting.	

Day	Approx. time	Activity	Method of assistance and support given to the client	PA's Comments
Daily Every 3 rd day	10:30 – 12:30	Catheter care And Changing the leg bag	Client will clean the SPC site when he has his shower and the PA needs to change his leg for him when he is on the bed after his shower. This is done every 3 days and the bags and are kept in the laundry room, ask client if you are unsure. The PA will needs to wash their hands and then disconnect the leg bag from the catheter, check that the catheter is closed off using the flip-flow valve, before detaching the leg bag, empty if needed and dispose of into the rubbish. Remove new leg bag from the packaging, remove cap and insert into the catheter. Check that it is inserted far enough into the catheter, ask client to check. Open the flip-flow valve on the catheter and check that the leg bag is closed off.	
Daily		Getting dressed on the bed	When client has been transferred back onto the bed the PA will need to remove the sling, cover him with a towel and put the hoist safely out of the way. Then put the shower chair back in the bathroom. Client will remain lying flat on the bed. The PA needs to towel dry his feet and toes and check these area thoroughly and let client know if these are areas of concern. Client can towel dry the remainder of his body. Then proceed to get client dressed. Ask client what he wants to wear for the day. Put on his tens stockings and client will let you know where they're kept. Attach his leg bag to his left leg below his knee on the outside of his leg, using the Velcro straps to secure the leg bag in place. Put on his trousers, button and zip them up for him. Client will assist to position himself from side to side to get them up over his hips. When he is in his chair he will finish getting dressed.	
Daily	10:30 – 12:30	Transfer to his wheel chair	Same as before using the hoist and sling. Check with client what chair he is using each day. As the power chair is kept in the living room on charge overnight and his manual usually stays in his bedroom. The PA will need to get the chair and set it up for him beside his bed before transferring. Once client is in his chair he can adjust his sitting position.	

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Daily		Getting dressed in his chair	Client will choose a t-shirt to wear and put it on himself. The PA just needs to check that his clothing is pulled down his back for him. Client will sort his catheter and leg bag position. The PA will need to put on his shoes for him.	
Daily		Personal Grooming	Client will then proceed back into the bathroom and can manage this on his own but will call the PA if assistance is required.	
Daily		Clean up bedroom and bathroom	While client is finishing up in the bathroom the PA will tidy up his bedroom. You will need to make his bed, check to see if he wants his bedding changed and ensure the tracking hoist is positioned up over the bed; you can use the remote to do this and put away the sling. Ask client where he likes it to be kept and put away any other items and sort out laundry if needed. Ensure that the floor is dry after his shower and then proceed into the bathroom and tidy up in there as well. Hang towels to dry and that the bathroom is clean after client has finished. Wipe down the sink and counter, check the toilet is clean and that the floor clean after his shower.	
Daily		Medication	Client will let you know where his medication is kept and will ask the PA to assist him to with his medication. The PA will need to wash their hands before handling his medication. When the PA has administered the medication for him as directed by him and will take it with a glass of water. Sign the MAR Chart each time medication is administered.	

Day	Approx. time	Activity	Method of assistance and support given to the client	PA's Comments
Daily	12:30 – 18:30	Support at home/ going out	Client has said that he doesn't usually have breakfast but will let the PA know if he changes his mind. He has requested that his water glass is kept full during the day. Client can empty his leg bag the PA just needs to roll up his trouser leg for him and can manage his own pressure relief. Any other support and assistance is at client's instruction. Check with him what he doing each day. If client has any appointments the PA will go with him and drive, client will explain how to get him into his vehicle.	
Daily		Household duties	Client expects a general clean 1x week of the entire flat. The PA will clean his bathroom and kitchen to be done daily and laundry as needed. Take out rubbish when full. PA takes care of their room and bathroom. Client will ask the PA to check his medication and supplies every 2 weeks to see if he needs to reorder.	
Daily		Free time during the day	Time off is agreed with client the PA will need to manage their day when completing all tasks and taking time off. Client has said that he is fine to be left up to 3 hours on his own if the PA wants to go out. As long as client has what he needs and the PA takes the phone with them and the keys to get back into the house.	
Daily		Standing frame and exercise bike	Client will use this equipment at some point during the day to maintain his fitness. As there is no set time to do this he will let the PA when he is ready to use them and will direct the PA how to set him up to get on them.	

Please initial and date each time the care plan is reviewed

INITIALS	DATE	INITIALS	DATE	INITIALS	DATE	INITIALS	DATE	INITIALS	DATE

All changes should be recorded and approved by the client and care manager.

Changes:

Care plan reviewed and signed by:
(Client) (Care Manager) (Date)

Day	Approx. time	Activity	Method of assistance and support given to the client	PA's Comments
Daily	18:30 – 22:30	Evening plans and dinner	Client has said that in the evening he will often go out with family or friends in the evening and will let the PA know if he needs them to attend. Should client have guests over for the evening the PA doesn't need to cook they will sort themselves out and clean up. The PA will cook their own meal and clean after they're finished. Or go out for the evening but need to check with client what time they have to be back. If client is going to have late night when he is at home is ok if the PA wants to go to bed. He just needs to tell PA to get his medication ready for him before 10pm and leave in the kitchen. When he is ready to go to bed he will knock the door to wake them up.	
Daily	22:30 or later	Going to bed	Client will transfer on to the bed using a slide board the PA will need to assist with this and client will direct the PA what he needs them to do. Once on the bed the PA will need lift his legs on to the bed and undress his lower body. Remove his trousers, tens stocking, leg bag straps and shoes, put away or put in the laundry. Check with client. Client will assist with moving and positioning. He will leave his t-shirt on. Client sleeps on his back and the PA will need to put 2 pillows under his calves to keep his feet of the bed. PA to attach the night bag to the leg bag and leave on the floor and make sure the leg bag is open and night bag is closed. Leg bag stays on the bed. Set up client with his bed table, TV remotes and environmental control. Leave his bedroom door open and turn of the light. Ensure that you have done a head to toe visual check when you get him undressed.	
Daily	05:50 – 08:30	Overnight support	Client needs a turn and depending what time he has gone to bed will let the PA know what time to set their alarm to come into him. He will alternate which side to turn on, if it's a bowel day then his left side and other day right side. PA can use slide sheet or do a log roll to position client, he doesn't mind. Empty the night bag if full and any other support required overnight should client call for you for assistance. Calls are done with a missed call on your mobile, so keep your phone next to you when you're in bed asleep.	

Day	Approx. time	Activity	Method of assistance and support given to the client	PA's Comments
Daily	As directed	Pet care	Client requires the PA to feed and take the dog out for walks through the day. Approx 9:20am and then feed him. Again, sometime between 12pm-1pm, then again before his dinner at approx. 6pm then feed him and one last time before bed. A couple of times a week the client likes to take the dog to the park and the PA will need to drive there and client will let you know. There is also a cage in client room that the dog will go into on bowel and shower days. Any questions about the dog's routine you can talk to the client about.	
		Autonomic Dysreflexia	Autonomic Dysreflexia is potentially dangerous complication of spinal cord injury. In autonomic dysreflexia, an individual's blood pressure may rise to dangerous levels and is often triggered by acute pain or a harmful stimulus below the level of injury. If not treated it could lead to stroke and possibly death. Individuals with a SCI at the T6 level or above are at greater risk. When experiencing the onset of an attack the client would need assistance to identify the cause of the symptoms (bowels, blocked catheter or pressure area) and there is medication (Nifedipine). The client would need the to tell the PA to administer this for him.	