

| <i>Measures</i> | <i>Level Setting Expectations</i> | <i>Challenges</i> | <i>Solutions</i> |
|---|--|--|--|
| <p>Monitoring Physical Activity</p> | <ul style="list-style-type: none"> • Patient buy-in • Goal setting • Family dynamics • Home safety • Positive affirmations • Encouragement • Tapping into strengths as opposed to what she can't do • Stand during commercials, leg lift • Addressing falls and high risk factors • Show example of peers doing the exercises recommended • Asking her what she likes to do and incorporating that into exercise • Ask why she refuses to use her walker • Walk with dog's walker | <ul style="list-style-type: none"> • Physical limitations • Fear of injury • Lack of knowledge • Demographics/ environmental hazards • Mobility • Bladder control • Impaired vision and hearing • High risk for falls not completing physical activity • Lives alone, lacks social support • Lack of direction to set expectations • Sight and hearing problems | <ul style="list-style-type: none"> • Chair exercise/aerobics • Senior center activities for exercise • Senior home • Take walks around the mall when shopping • Low weight bearing exercises • Water aerobics • Friend/partner • Community resources • Assisted living • Walk with a companion/chair exercises • Be near a restroom • Protective underwear • Declutter home, good lighting • Alternative options for hearing aid |
| <p>Improving and Maintaining Physical Health</p> | <ul style="list-style-type: none"> • Standing during commercials • Understanding physical activity they can accommodate • Can they eat fresh foods, water • Are they okay with asking for assistance (transportation, education) | <ul style="list-style-type: none"> • Getting to provider • Unable to clean, causing clutter • Denial/ unaware/ overwhelmed with what to do | <ul style="list-style-type: none"> • Transportation benefits, having a caregiver • Offer assistance • Educate providers, help manage expectations |

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| Reducing the Risk of Falls | <ul style="list-style-type: none"> • "Sell" independence and ability to do the things she enjoys • Training dog | <ul style="list-style-type: none"> • Dog is risk (vision, size) • Not using walker; vision is trip hazard • Not using bath bench • Unable to tie shoes- trip hazard • Not wearing hearing aids | <ul style="list-style-type: none"> • Need bell on dog/training • Provide education regarding all risk, and how it ties to independence • Balance PT/coaching • Home safety assessment |
| Improving or Maintaining Mental Health | <ul style="list-style-type: none"> • PHQ- 9 (patient health questionnaire) | <ul style="list-style-type: none"> • Loss of independence • Isolation • Baseline of her cognitive skills • Lack of education (staff and providers) | <ul style="list-style-type: none"> • Interviewing patient • Encourage therapy • Office and at home visits |
| Improving Bladder Control | <ul style="list-style-type: none"> • Normalize the conversation • Staff/ providers/ family support • Educational pamphlet • Patient education class • Physician and staff training • Skits for staff meeting | <ul style="list-style-type: none"> • Patient is embarrassed • Phrasing of questions • Getting to the restroom | <ul style="list-style-type: none"> • Staff educate her on protection, tools • Staff to normalize the condition/ conversation • Educating on health risks • Home visit, proper clothing |