







Worksheet B – In-service: Strength Based Care Planning Using BASICS

Level of Basics	Problem / Strength	Goal / Approach
 Biological	<p>Problem: Weight loss of 4lbs. in past month - RAP Trigger.</p> <p>Strength: Is able to eat certain finger foods with limited assistance. Gerald is able to drink.</p>	<p>Goal: Gerald will gain 1 lb. in the next month.</p> <p>Approach: 1) Dietary will provide finger foods that resident is able to eat without difficulty. 2) CNA will hand resident finger foods at 3 meals a day and assist as needed.</p>
<p><i>Activities of Daily Living</i></p>  Activities of Daily Living	<p>Problem: Unsafe wandering - RAP Trigger.</p> <p>Strength: Able to ambulate independently. (Enjoys walking when there is "somewhere to go or something to do").</p>	<p>Goal: Gerald will walk around the building without falling or exiting the building for 60 days when provided with verbal cues to direct his pathway.</p> <p>Approach: 1) Unit staff will be alert to provide verbal cues while Gerald is ambulating. 2) Family member, student or adult volunteer will be scheduled to walk with Gerald to the coffee shop for coffee & conversation, or to the garden area to water the flowers for 1 hr 2x week.</p>
 Societal	<p>Problem: Resident avoids interactions with others - RAP Trigger.</p> <p>Strength: Enjoys talking with other men about sports and business.</p>	<p>Goal: Gerald will hold brief conversations with his table-mates in the dining room during 50% of the time while at meals for the next 60 days.</p> <p>Approach: 1) Will change table in dining room to one where 2 men he knows from the Men's Club sit. 2) Will encourage him to start going to Men's Club again at least 1x per week.</p>
<p>Interpersonal</p> 	<p>Problem: Resident has hearing problem - RAP Trigger. (lost hearing aid, does not like wearing it)</p> <p>Strength: Is willing to wear amplifier earphones during meals, Men's Club and family visits.</p>	<p>Goal: Gerald will be able to hear and respond on one topic to table mates, Men's Club members and family visitors 75% of the time he is with them for the next 60 days.</p> <p>Approach: 1) Nursing staff will arrange to have earphones available for meals, family visits and Men's Club attendance. 2) Nursing staff will keep earphones at other times to prevent loss. 3) Family will ask nursing staff for earphones when they visit.</p>
 Creative	<p>Problem: Resident expresses sadness over loss of opportunity to sing with a group - RAP Trigger.</p> <p>Strength: Gerald enjoys singing in a group (sang in a barber shop quartet and church choir).</p>	<p>Goal: Gerald will have pleasurable response (smile, laugh, relaxing) when singing during 60% of the time at the Big Band Program.</p> <p>Approach: 1) Gerald will be brought to the Big Band program and seated near 3 male residents who like to sing. 2) Gerald will be encouraged to sing with the group at worship services.</p>
 Symbolic	<p>Problem: Resident is unable to attend religious services - RAP Trigger</p> <p>Strength: Gerald will sit for a short service if it includes singing a familiar hymn.</p>	<p>Goal: Gerald will be able to attend and sit for 15 minutes at an adapted religious services every Friday at 2:00 PM and sing one hymn.</p> <p>Approach: 1) Will ask minister to include Gerald's favorite hymns in worship service every Friday.</p>