

Supported Lifestyle Plan

March 2020

Name

Medical Conditions

List all current Disability and Medical conditions which impact health and care

Samples

Quadriplegic 3,5,6 complete break

Major bladder infections average about once or twice a month. Urine sample must be dropped off to lab, to test twice per month to monitor health. Commode must be thoroughly cleaned every other day to guard against bacteria.

- Drinks a lot of fluids to help with this
- Attention to cleanliness is paramount in home as there has been a marked increase in the body's resistance to antibiotics used to treat UTIs.

Skin Integrity: attention needed to skin care and pressure sore prevention as skin health is easily compromised

Osteoporosis: present in back and is very painful.

Severe Arthritis: worsening in the hip/lower back regions and is very painful

Spasms: Has severe spasms with each transfer

Loss use of hands and requires full assistance

Medical Letters

Dr

Occupational Therapist

Mobility Assistance & Assistive Technology

- Power Wheelchair
- Ceiling Lift

List of Medications

Requires Medication management and inventory

Assistance to take medication required

1. Name	Dosage:	DIM#
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Daily Routines

All times are approximate and in minutes. All work will be done by paid employees based on successful reassessment.

Morning Routines	
Time Required	Description
5 Min	Enter Home <ul style="list-style-type: none"> • Take off Jacket and change shoes • Turn on kitchen and living room lights as need be • Open Curtains • Wash hands
5 Min	Morning Beverage Preparation (drinking plenty of fluids throughout the day is necessary to help with UTI issues) <ul style="list-style-type: none"> • Fill Kettle and turn on to boil water • Wash and rinse tea pot, add fresh teabags • Add boiled pot and leave to steep
10 Min	Morning Bedroom Procedures <ul style="list-style-type: none"> • Turn on electronics needed for the day • Open bedroom curtains • Change night drainage and get clean urinal jug • Put night jug to soak with water/vinegar mixture • Unplug ceiling lift
8 Min	CPAP Machine Removal <ul style="list-style-type: none"> • Put on Gloves • Remove CPAP Machine; wash and rinse, set to dry • Finish washing the night jug in the water/vinegar mixture. Rinse and set to dry • Take off Nasal sleep mask and cap, soak to clean
10 Min	Day Bed Preparation <ul style="list-style-type: none"> • Remove night accessories; bed table, fan, air hose, cups, water pitcher, night stick, medication tray, remotes and cell phone • Put extra blankets used for warmth onto the side table • Remove pillows used to elevate legs at night time to side table • Remove night air hose from groin area • Leg straightening and ensure comfort
7 Min	Finish Bed Preparation <ul style="list-style-type: none"> • Get ceiling lift ready • Unhook night drinking water • Move laptop to living room • Remove rubber gloves and place in trash
10 Min	Morning Beverage <ul style="list-style-type: none"> • Wash hands • Prepare tea with honey, assist with drinking
15 Min	Prepare Breakfast <ul style="list-style-type: none"> • Wash hands • Prepare breakfast: toast, fried eggs • Freshen tea

	<ul style="list-style-type: none"> • Prepare tray with plate and utensils, napkins • Heat prepared meal in Microwave as required
15 Min	<p>Eat breakfast on Bed</p> <ul style="list-style-type: none"> • Assist with eating as required • Assist with drinking throughout meal
5 Min	<p>Morning Medication</p> <ul style="list-style-type: none"> • Wash hands • Assist drinking for medication with water or tea
5 Min	<p>Breakfast Cleanup (Cleanliness important to reduce bacteria due to frequent *UTIs* and an immunity to antibiotics)</p> <ul style="list-style-type: none"> • Remove tray, with dishes, to kitchen • Wipe down surfaces • Hand wash dishes and set them to dry (dishes must be done right away to prevent bacteria build up - has no dishwasher)
10 Min	<p>Morning Colostomy Care Routine Preparation (Scheduled 5 times per day)</p> <ul style="list-style-type: none"> • Set out needed supplies: gloves, gauze, paper towels for wet and dry use, garbage container, new disposable pouch, pan of warm water, adhesive remover, scissors • Put on rubber gloves • Ensure comfort • Wet half the paper towels • Transfer urinary drain to right side
30 Min	<p>Colostomy Care Routine - Stoma Care: Proper care is to change bag 4 times per day to prevent leaks and irritation to skin</p> <ul style="list-style-type: none"> • Remove pouch by carefully pushing down on skin to separate it from stoma and then unclip the bag • Empty contents into the toilet • Throw bag into garbage container • Clean off the sticky adhesive, used to seal around the stoma, with gauze and adhesive remover • Check health of stoma • Gently clean the skin around the stoma with a wet washcloth • Clean the peristomal skin with warm water and gauze. If some residue is left on the skin from the old bag, use a dry piece of gauze to remove it before washing. • Ensure the skin is dried thoroughly • Pat dry with paper towels as necessary • Cut aperture in pouch to fit snugly around the stoma with no peristomal skin exposed • Fill in skin indentations with body filler to seal it and apply powder • Clip new bag onto Stoma and ensure clip is secured correctly • Apply sealant around opening of the pouch to prevent leaking • Place a warm cloth around the connection for 5 minutes because the warmth activates the glue in the seal • Dispose of, or carefully clean and put away, all equipment used • Remove rubber gloves and place in trash • Wash hands
12 Min	Prepare assistive technology and supplies

	<ul style="list-style-type: none"> • Wipe down surfaces with disinfectant wipes to reduce risk of infection • Place Cell phone at bed side • Ensure Bed Control is within reach • Place intercom control at bed side • Remove night bed table, unhook night charger for wheelchair • Position and prepare bed • Remove soaker pad and transfer sheet • Make up bed with clean soaker pad and sheet • Set towel on side table for later use
5 Min	<p>Peri Care Preparation</p> <ul style="list-style-type: none"> • Set out clean cloths • Prepare a basin of warm water • Set out soap • Set out towels
8 Min	<p>Bladder care</p> <ul style="list-style-type: none"> • Put on rubber gloves • Prepare catheter • Prepare Urinal • Day bag: wash and dry after being soaked with vinegar/water mixture overnight.
5 Min	<p>Skin Integrity</p> <ul style="list-style-type: none"> • Put on rubber gloves • Apply Fusidic cream to face for Rosacea • Apply cream around eyes for dryness • Remove gloves and wash hands
10 Min	<p>Peri Care Preparation</p> <ul style="list-style-type: none"> • Set out clean wash cloths • Prepare a basin of warm water • Set out soap • Set out towels • Put on Gloves • Soak and wash night drainage • Hook up urinary hose • Remove rubber gloves and place in trash • Wash hands
25 Min	<p>Peri Care</p> <ul style="list-style-type: none"> • Put on clean rubber gloves • Assemble the leg bag, get the holder and strap ready • Ready to clean client's bottom not reached • Start the bottom wash/rinse and put warm towel for a while, as instructed • Put dirty soiled blue pad, paper towel etc in a bag; secure close properly and put aside • Check and put new blue pad and put Proctosone on for hemorrhoids • Take weights, tea cup, remotes, cell phone and put all aside • Pull up legs in a frog position for drying purposes
10 Min	<p>Beverage</p> <ul style="list-style-type: none"> • Wash hands

	<ul style="list-style-type: none"> • Freshen Tea • Assisted Drinking • Assist with medication
30 min	<p>Condom Change</p> <ul style="list-style-type: none"> • Place soiled blue pad, paper towels in a bag, close securely and set aside • Pull me from my back, gently and slowly to remove pillows from knees and put drainage jar to the other side • Fix the head pillow, straighten body contour of the bed, adjust the bed with the elevation at the head. Set brake. • Apply skin lotion on perineal area, ensure there is no glue left • Ensure area is checked for any skin irritation as he has a few cellulites in his groin area • Apply with dry cloth; put on fan to air dry groin area • Elevate legs with lift and apply ointment • Use a rubber cushion to stretch the lumbar area • Place prepared condom change on bed • Put on fresh rubber gloves • Perform another skin prep and glue • Insert condom; hooking it on the night drain • While he is in bed, stretch out the lumbar area • Fan Dry, turn on fan to thoroughly dry for 15 minutes • Apply barrier cream on groin • Hook Leg bag holder • Put on leg bag and secure with straps • Remove rubber gloves and place in trash
3 Min	<p>Toiletry Preparation</p> <ul style="list-style-type: none"> • Wash hands • Set out toothbrush and paste • Set out deodorant • Set out shaving equipment • Fresh face cloth • Fresh hand towel
5 Min	<p>Hair Care</p> <ul style="list-style-type: none"> • Comb hair • Apply hair mousse and style hair • Apply deodorant
5 Min	<p>Oral Hygiene</p> <ul style="list-style-type: none"> • Wash Hands • Assist to brush teeth • Assist to rinse
10 Min	<p>Shave & Body Hygiene (must shave daily due to sensitive skin & Rosacea)</p> <ul style="list-style-type: none"> • Lather face • Shave • Wet face cloth with warm water, wipe face down. Rinse cloth and wipe face again • Gently dry with hand towel • Apply aftershave to shaven area of face • Apply deodorant to underarms

15 Min	<p>Range of Motion Exercises (recommended by the Fraser Health Physiotherapist)</p> <ul style="list-style-type: none"> • Stretch left arm; holding for a few minutes so can manually stretch • Stretch right arm; holding for a few minutes so can manually stretch • Stretch left leg by holding at achilles heel • Stretch right leg by holding at achilles heel
10 Min	<p>Transfer to Wheelchair</p> <ul style="list-style-type: none"> • Apply Transfer Belt • Removed Charger from lift • Move wheelchair to bedside • Elevate bed • Hook up sling and lift • Aid to sideways position on the bed to facilitate transferring to wheelchair • Position Wheelchair • Apply brake • Make sure air mattress for wheelchair is on the right pressure • Transfer from bed to wheelchair with lift • Make bed • Set up lights • Turn on television
35 Min	<p>Exercise Machine (recommended by the Fraser Health Physiotherapist)</p> <ul style="list-style-type: none"> • Wipe down surfaces with disinfectant wipes to reduce risk of infection • Put on gloves, weights, hand splints and elbow pads • Refill water jug and ensure everything within reach, including hooks • Hook up to exercise machine with straps • Exercise • Unhook from exercise machine straps
10 Min	<p>Lunch Preparation</p> <ul style="list-style-type: none"> • Wash hands • Make sandwich • Prepare a pot of soup • Clean Teapot from morning use, rinse • Boil water • Add boiled water and fresh tea bags to teapot • Steep • Prepare a glass of cold water or juice • Pour tea with honey • Plate on tray
25 Min	<p>Lunch</p> <ul style="list-style-type: none"> • Hand feeding as required • Assisted drinking throughout
5 Min	<p>Medication</p> <ul style="list-style-type: none"> • Medication assisted drinking after lunch
5 Min	<p>Lunch Clean Up</p> <ul style="list-style-type: none"> • Wipe down surfaces with disinfectant to reduce risk of infection • Hand wash dishes and set them to dry (dishes must be done right away to prevent bacteria build up - has no dishwasher)
10 Min	<p>Empty Leg Bag</p> <ul style="list-style-type: none"> • Put on rubber gloves

	<ul style="list-style-type: none"> • Unhook leg bag • Drain and rinse • Hook up leg back and secure • Remove rubber gloves and place in trash
10 Min	<p>Beverage & Snack Preparation</p> <ul style="list-style-type: none"> • Wash hands • Put lunch dishes away (dishes are hand done, do not want to leave sitting on counter due to chance of bacteria) • Prepare cookies, muffin or cheese and crackers on a plate • Heat up left over tea from lunch • Wipe down Counter
15 Min	<p>Beverage & Snack</p> <ul style="list-style-type: none"> • Assist with drinking • Hand feed
<p>Total Morning Routine: 433 minutes = 7.22 hours</p>	

Afternoon Routines (4PM dinner shift)	
Time Required	Description
5 Min	<p>Enter Home</p> <ul style="list-style-type: none"> • Take off Jacket and change shoes • Turn on kitchen and living room lights as need be • Open Curtains • Wash hands
10 Min	<p>Morning Colostomy Care Routine Preparation (Scheduled 5 times per day)</p> <ul style="list-style-type: none"> • Set out needed supplies: rubber gloves, gauze, paper towels for wet and dry use, garbage container, new disposable pouch, pan of warm water, adhesive remover, scissors • Put on rubber gloves • Ensure comfort • Wet half the paper towels • Transfer urinary drain to right side
30 Min	<p>Colostomy Care Routine - Stoma Care: Proper care is to change bag 4 times per day to prevent leaks and irritation to skin</p> <ul style="list-style-type: none"> • Remove pouch by carefully pushing down on skin to separate it from stoma and then unclip the bag • Empty contents into the toilet • Throw bag into garbage container • Clean off the sticky adhesive, used to seal around the stoma, with gauze and adhesive remover • Check health of stoma • Gently clean the skin around the stoma with a wet washcloth

	<ul style="list-style-type: none"> • Clean the peristomal skin with warm water and gauze. If some residue is left on the skin from the old bag, use a dry piece of gauze to remove it before washing. • Ensure the skin is dried thoroughly • Pat dry with paper towels as necessary • Cut aperture in pouch to fit snugly around the stoma with no peristomal skin exposed • Fill in skin indentations with body filler to seal it and apply powder • Clip new bag onto Stoma and ensure clip is secured correctly • Apply sealant around opening of the pouch to prevent leaking • Place a warm cloth around the connection for 5 minutes because the warmth activates the glue in the seal • Dispose of, or carefully clean and put away, all equipment used • Remove gloves • Wash hands
20 Min	<p>Prepare Dinner</p> <ul style="list-style-type: none"> • Wash hands • Cook chicken or other meat • Prepare and cook vegetables, soup • Clean Teapot from morning use, rinse • Boil water • Add boiled water and fresh tea bags to teapot • Steep • Prepare a glass of cold water or juice • Pour tea with honey • Plate on tray
25 Min	<p>Dinner</p> <ul style="list-style-type: none"> • Hand feeding • Assisted drinking throughout meal
5 Min	<p>Medication</p> <ul style="list-style-type: none"> • Assist drinking to take medication
10 Min	<p>Dinner Clean up</p> <ul style="list-style-type: none"> • Wipe down surfaces with disinfectant to reduce risk of infection • Hand wash dishes and set them to dry (dishes must be done right away to prevent bacteria build up – has no dishwasher) • Put dishes away • Put clean dishes away
10 Min	<p>Empty Leg Bag</p> <ul style="list-style-type: none"> • Put on rubber gloves • Unhook leg bag • Drain in bathroom, rinse, wash tip • Hook up leg back and secure
10 Min	<p>Evening Colostomy Care Routine Preparation (Scheduled 5 times per day)</p> <ul style="list-style-type: none"> • Set out needed supplies: gloves, gauze, paper towels for wet and dry use, garbage container, new disposable pouch, pan of warm water, adhesive remover, scissors • Put on rubber gloves • Ensure comfort

	<ul style="list-style-type: none"> • Wet half the paper towels • Transfer urinary drain to right side
30 Min	<p>Colostomy Care Routine - Stoma Care: Proper care is to change bag 4 times per day to prevent leaks and irritation to skin</p> <ul style="list-style-type: none"> • Remove pouch by carefully pushing down on skin to separate it from stoma and then unclip it • Empty contents into the toilet • Throw pouch into garbage container • Clean off the sticky adhesive, used to seal around the stoma, with gauze and adhesive remover • Check health of stoma • Gently clean the skin around the stoma with a wet washcloth • Clean the peristomal skin with warm water and gauze. If some residue is left on the skin from the old pouch, use a dry piece of gauze to remove it before washing. • Ensure the skin is dried thoroughly • Pat dry with paper towels as necessary • Cut aperture in pouch to fit snugly around the stoma with no peristomal skin exposed • Fill in skin indentations with body filler to seal it and apply powder • Clip new pouch onto Stoma and ensure clip is secured correctly • Apply sealant around opening of the pouch to prevent leaking • Place a warm cloth around the connection for 5 minutes because the warmth activates the glue in the seal • Dispose of, or carefully clean and put away, all equipment used • Remove gloves • Wash hands
Total Afternoon Routine 155 Minutes = 2.6 hours	

Evening Routines – 8pm	
Time Required	Description
5 Min	<p>Enter Home</p> <ul style="list-style-type: none"> • Take off Jacket and change shoes • Turn on kitchen and living room lights as need be • Open Curtains • Wash hands
10 Min	<p>Empty Leg Bag</p> <ul style="list-style-type: none"> • Put on rubber gloves • Unhook leg bag • Drain in bathroom, rinse, wash tip • Hook up leg back and secure • Remove gloves and wash hands
5 Min	Beverage

	<ul style="list-style-type: none"> • Freshen tea with Honey • Assist with drinking
5 Min	<p>Bed Preparation</p> <ul style="list-style-type: none"> • Close Bedroom curtains • Put electronics and remotes in nighttime position • Turn back bed covers • Prepare pillows to support body in position • Put bed bump into place
5 Min	<p>Bed time Face Wash</p> <ul style="list-style-type: none"> • Wash hands • Wash face
5 Min	<p>Skin Integrity</p> <ul style="list-style-type: none"> • Put on rubber gloves • Put Fusidic cream on face for Rosacea • Apply cream around eyes for dryness • Remove gloves and wash hands
75 Min	<p>Oral Hygiene</p> <ul style="list-style-type: none"> • Assist to brush teeth • Assist to rinse • Put items away • Wipe down surfaces with disinfectant wipes to reduce risk of infection • Wash Hands
10 Min	<p>Undressing for bed (when still in wheelchair)</p> <ul style="list-style-type: none"> • Remove shirts • Take off socks and shoes
5 Min	<p>Bed Time Wash Preparation</p> <ul style="list-style-type: none"> • Set out clean washcloths • Prepare sink basin with warm water • Set out soap • Set out towels
7 Min	<p>Bed Time Wash (Torso washed each night due to sweating)</p> <ul style="list-style-type: none"> • Lean forward • With clean wash cloth, soap down front and back • Rinse
10 Min	<p>Transfer to Bed</p> <ul style="list-style-type: none"> • Position wheelchair next to bed • Lock into position • Position ceiling lift • Put on sling and transfer belt • Hook up sling to ceiling lift, • Lift over bed, ensuring in right position • Lower into place and ensure body comfort • Remove transfer belts
5 Min	<p>Undressing for bed (once transferred to bed)</p> <ul style="list-style-type: none"> • Turn body from side to side to pull jeans down over hips and pull them off gently rolling back and forth to ease them down each leg • Put in laundry hamper
10 Min	<p>Late Evening Colostomy Care Routine Preparation (Scheduled 5 times per day)</p>

	<ul style="list-style-type: none"> • Set out needed supplies: gloves, gauze, paper towels for wet and dry use, garbage container, new disposable pouch, pan of warm water, adhesive remover, scissors • Put on rubber gloves • Ensure comfort • Wet half the paper towels • Transfer urinary drain to right side
30 Min	<p>Colostomy Care Routine – Stoma Care: Proper care is to change bag 4 times per day to prevent leaks and irritation to skin</p> <ul style="list-style-type: none"> • Remove pouch by carefully pushing down on skin to separate it from stoma and then unclip it • Empty contents into the toilet • Throw pouch into garbage container • Clean off the sticky adhesive, used to seal around the stoma, with gauze and adhesive remover • Check health of stoma • Gently clean the skin around the stoma with a wet washcloth • Clean the peristomal skin with warm water and gauze. If some residue is left on the skin from the old pouch, use a dry piece of gauze to remove it before washing. • Ensure the skin is dried thoroughly • Pat dry with paper towels as necessary • Cut aperture in pouch to fit snugly around the stoma with no peristomal skin exposed • Fill in skin indentations with body filler to seal it and apply powder • Clip new pouch onto Stoma and ensure clip is secured correctly • Apply sealant around opening of the pouch to prevent leaking • Place a warm cloth around the connection for 5 minutes because the warmth activates the glue in the seal • Dispose of, or carefully clean and put away, all equipment used • Remove rubber gloves and put in trash • Wash hands
10 Min	<p>Peri Care Preparation</p> <ul style="list-style-type: none"> • Set out clean wash cloths • Prepare a basin of warm water • Set out soap • Set out towels • Put on clean rubber gloves • Soak and wash night drainage • Hook up urinary hose • Raise legs and secure in frog position
25 Min	<p>Peri Care</p> <ul style="list-style-type: none"> • Assemble the leg bag, get the holder and strap ready • Start the bottom wash/rinse and put warm towel for a while, as instructed • Put dirty soiled blue pad, paper towel etc in a bag; secure close properly and put aside • Check and put new blue pad and put Proctosone on for hemorrhoids

15 Min	<p>Fan Dry (caregiver on hand for safety purposes)</p> <ul style="list-style-type: none"> • While legs pulled up in frog position • Turn on fan to thoroughly dry for 15 minutes • Remove rubber gloves and put in trash
10 Min	<p>Nightclothes</p> <ul style="list-style-type: none"> • Put left sleeve of Night shirt on left arm, roll onto right side and slide shirt through • Turn onto back, and then onto left side • Pull Night shirt through • Turn onto back and insert right arm into right sleeve • Gently roll back and forth to ensure night shirt is lying flat
2 Min	<p>Bed Linen & position</p> <ul style="list-style-type: none"> • Cover up blankets (two) • Turn onto side for 1 or 2 hours
5 Min	<p>CPAP Machine</p> <ul style="list-style-type: none"> • Wash Hands • Fill with water and set on table behind the head of the bed • Place mask over nose and mouth • Put cap on • Run the tubing over the head of the bed so it doesn't get tangled.
5 Min	<p>Final Bed Supports</p> <ul style="list-style-type: none"> • Turn onto back to sleep • Support with pillows and bed bump • Ensure comfort • Put remotes and cell phone within reach • Put fresh water within reach
10 Min	<p>Lights Out</p> <ul style="list-style-type: none"> • Gather all garbage and put by front door • Put out lights and lock doors • Take garbage to building disposal bin
<p>Total Evening Routine: 201 minutes = 3.35 hours</p>	

<p>Night Time Routines 1 As recommended by Dr Name</p>	
Time Required	Description
5 Min	<p>Enter Home</p> <ul style="list-style-type: none"> • Turn on lights • Take off Jacket and change shoes • Turn on kitchen and living room lights as need be • Wash hands • Wake up

5 Min	Night time Beverage Preparation <ul style="list-style-type: none"> • Fill Kettle and turn on to boil water • Wash and rinse tea pot, add fresh teabags • Add boiled pot and leave to steep
5 Min	CPAP Machine <ul style="list-style-type: none"> • Remove mask over nose and mouth • Remove cap • Set aside the tubing over the head of the bed so it doesn't get tangled.
20 Min	Night Beverage <ul style="list-style-type: none"> • Give tea with honey • Assist with drinking
10 Min	Roll Over to other side to promote skin integrity and deal with sacral/coccyx skin <ul style="list-style-type: none"> • Turn body to promote skin integrity • Ensure comfort • Place pillows and bed bump to support
5 Min	CPAP Machine <ul style="list-style-type: none"> • Check water level • Place mask over nose and mouth • Put cap on • Run the tubing over the head of the bed so it doesn't get tangled.
3 Min	Kitchen <ul style="list-style-type: none"> • Return tea things to kitchen • Rinse and set in sink
7 Min	Exit <ul style="list-style-type: none"> • Wash hands • Check that all remotes and cell phone are still in reach • Turn out lights • Exit and lock door
Total Night Time 1 Routine: 60 Minutes = 1 Hour	

Night time Routines 2 As recommended by Dr. Name	
Time Required	Description
5 Min	Enter Home <ul style="list-style-type: none"> • Turn on lights • Take off Jacket and change shoes • Turn on kitchen and living room lights as need be • Wash hands • Wake up
5 Min	Night time Beverage Preparation <ul style="list-style-type: none"> • Fill Kettle and turn on to boil water • Wash and rinse tea pot, add fresh teabags • Add boiled pot and leave to steep

5 Min	<p>CPAP Machine</p> <ul style="list-style-type: none"> • Remove mask over nose and mouth • Remove cap • Set aside the tubing over the head of the bed so it doesn't get tangled.
10 Min	<p>Late Evening Colostomy Care Routine Preparation (Scheduled 5 times per day)</p> <ul style="list-style-type: none"> • Set out needed supplies: gloves, gauze, paper towels for wet and dry use, garbage container, new disposable pouch, pan of warm water, adhesive remover, scissors • Put on rubber gloves • Ensure comfort • Wet half the paper towels • Transfer urinary drain to right side
30 Min	<p>Colostomy Care Routine – Stoma Care: Proper care is to change bag 4 times per day to prevent leaks and irritation to skin</p> <ul style="list-style-type: none"> • Remove pouch by carefully pushing down on skin to separate it from stoma and then unclip it • Empty contents into the toilet • Throw pouch into garbage container • Clean off the sticky adhesive, used to seal around the stoma, with gauze and adhesive remover • Check health of stoma • Gently clean the skin around the stoma with a wet washcloth • Clean the peristomal skin with warm water and gauze. If some residue is left on the skin from the old pouch, use a dry piece of gauze to remove it before washing. • Ensure the skin is dried thoroughly • Pat dry with paper towels as necessary • Cut aperture in pouch to fit snugly around the stoma with no peristomal skin exposed • Fill in skin indentations with body filler to seal it and apply powder • Clip new pouch onto Stoma and ensure clip is secured correctly • Apply sealant around opening of the pouch to prevent leaking • Place a warm cloth around the connection for 5 minutes because the warmth activates the glue in the seal • Dispose of, or carefully clean and put away, all equipment used • Remove rubber gloves and put in trash <p>Wash hands</p>
20 Min	<p>Night Beverage</p> <ul style="list-style-type: none"> • Wash hands • Serve tea with honey, assist with drinking
10 Min	<p>Roll Over to other side to promote skin integrity and deal with sacral/coccyx skin</p> <ul style="list-style-type: none"> • Turn body to promote skin integrity • Ensure comfort • Place pillows and bed bump to support
5 Min	<p>CPAP Machine</p> <ul style="list-style-type: none"> • Check water level • Place mask over nose and mouth

	<ul style="list-style-type: none"> • Put cap on • Run the tubing over the head of the bed so it doesn't get tangled.
3 Min	Kitchen <ul style="list-style-type: none"> • Return tea things to kitchen • Rinse and set in sink
7 Min	Exit <ul style="list-style-type: none"> • Wash hands • Check that all remotes and cell phone are still in reach • Turn out lights • Exit and lock door
Total Night Time 2 Routine: 140 Minutes = 1.67 Hours	
Total Daily Routines 984 Minutes = 16.4 Hours	

Non Daily Tasks	
Week: Wk	
Time Required	Description
10 Min X 2 Wk /7 2.85 Min	Night Colostomy Care Routine Preparation (Unscheduled night time care) <ul style="list-style-type: none"> • Set out needed supplies: gloves, gauze, paper towels for wet and dry use, garbage container, new disposable pouch, pan of warm water, adhesive remover, scissors • Put on gloves • Ensure comfort • Wet half the paper towels • Transfer urinary drain to right side
30 Min X 2 Wk /7 8.57 Min	Colostomy Care Routine - Stoma Care: Proper care is to change bag 4 times per day to prevent leaks and irritation to skin <ul style="list-style-type: none"> • Remove pouch by carefully pushing down on skin to separate it from stoma and then unclip it • Empty contents into the toilet • Throw pouch into garbage container • Clean off the sticky adhesive, used to seal around the stoma, with gauze and adhesive remover • Check health of stoma • Gently clean the skin around the stoma with a wet washcloth • Clean the peristomal skin with warm water and gauze. If some residue is left on the skin from the old pouch, use a dry piece of gauze to remove it before washing. • Ensure the skin is dried thoroughly • Pat dry with paper towels as necessary • Cut aperture in pouch to fit snugly around the stoma with no peristomal skin exposed • Fill in skin indentations with body filler to seal it and apply powder

	<ul style="list-style-type: none"> • Clip new pouch onto Stoma and ensure clip is secured correctly • Apply sealant around opening of the pouch to prevent leaking • Place a warm cloth around the connection for 5 minutes because the warmth activates the glue in the seal • Dispose of, or carefully clean and put away, all equipment used • Remove gloves • Wash hands
20 Min X 3 Wk /7 8.57 Min	<p>Peri Care Preparation (Peri Care is required in the night due to night sweats & skin integrity and require full washing and creams)</p> <ul style="list-style-type: none"> • Set out clean cloths • Prepare a basin of warm water • Set out soap • Set out towels • Put on gloves • Soak and wash night drainage • Hook up urinary hose
25 Min X 3 Wk /7 10.71 Min	<p>Peri Care (Peri Care is required in the night due to night sweats & skin integrity and require full washing and creams)</p> <ul style="list-style-type: none"> • Assemble the leg bag, get the holder and strap ready • Ready to clean client's bottom not reached • Start the bottom wash/rinse and put warm towel for a while, as instructed • Put dirty soiled blue pad, paper towel etc in a bag; secure close properly and put aside • Check and put new blue pad and put Proctosone on for hemorrhoids • Place legs up in frog position, and secure, for drying process • Fan Dry for 15 minutes
20 Min X 3 Wk /7 8.57 Min	<p>Condom Change Preparation (evening urgent events)</p> <ul style="list-style-type: none"> • Put on gloves • Pull me from my back, gently and slowly to remove pillows from knees and put drainage jar to the other side • Fix the head pillow, straighten body contour of the bed, adjust the bed with the elevation at the head. Set brake • Apply skin lotion on perineal area, ensure there is no glue left • Ensure area is checked for any skin irritation as he has a few cellulites in his groin area • Apply with dry cloth; put on fan to air dry groin area • Elevate legs with lift and apply ointment • Use a rubber cushion to stretch the lumbar area • Place prepared condom change on bed • Put on fresh gloves • Perform another skin prep and glue • Insert condom; hooking it on the night drain • Stretch out the lumbar area
10 Min X 3 Wk /7 4.29 Min	<p>Condom Change Preparation continued</p> <ul style="list-style-type: none"> • Place soiled blue pad, paper towels in a bag, close securely and set aside • Apply barrier cream on groin

	<ul style="list-style-type: none"> • Use dry cloth to ensure that irritation from overnight urine soaked in, will not cause further redness or irritation • Hook Leg bag holder • Put on leg bag and secure with straps
<p>25 Min X3 Wk /7 10.71 Min</p>	<p>Condom Change – Evening Urgent event</p> <ul style="list-style-type: none"> • Pull me from my back, gently and slowly to remove pillows from knees and put drainage jar to the other side • Fix the head pillow, straighten body contour of the bed, adjust the bed with the elevation at the head. Set brake • Apply skin lotion on perineal area, ensure there is no glue left • Ensure area is checked for any skin irritation as he has a few cellulites in his groin area • Apply with dry cloth; put on fan to air dry groin area • Elevate legs with lift and apply ointment • Use a rubber cushion to stretch the lumbar area • Place prepared condom change on bed • Put on fresh gloves • Perform another skin prep and glue • Insert condom; hooking it on the night drain • Stretch out the lumbar area • Place soiled blue pad, paper towels in a bag, close securely and set aside • Apply barrier cream on groin • Use dry cloth to ensure that irritation from overnight urine soaked in, will not cause further redness or irritation • Hook Leg bag holder • Put on leg bag and secure with straps • Remove gloves
<p>15 Min X 4 Wk /7 8.57 Mins</p>	<p>Clean Commode Thoroughly - Done every 2nd day for sanitary reasons to reduce bacteria</p>
<p>5 Min X 3 Wk /7 2.14 Min</p>	<p>Shower preparation</p> <ul style="list-style-type: none"> • Check shampoo and soap, put out fresh as required • Set out bath scrub • Set out hair care products for after shower • Set out clean towels and face clothes
<p>35 Min X 3 Wk /7 15 Min</p>	<p>Shower</p> <ul style="list-style-type: none"> • Move Commode into bathroom • Turn on Water and adjust water temperature • Remove condom catheter and urinal drain, place to sock in vinegar/water mixture • Push commode chair into the shower. Ensure it's properly placed to sit and soak • Shampoo and rinse hair • Wash and rinse face and neck and shoulders • Scrub black heads and any pimples • Bath scrub on back to scrub skin irritation due to night sweats • Soap down torso front, arms, underarms and rinse • Soap legs and rinse

	<ul style="list-style-type: none"> • Turn off water • Towel dry body and hair
15 Min X 4 Wk / 7 8.57 Min	<p>Preparing for Outing</p> <ul style="list-style-type: none"> • Put on shoes and socks • Straighten clothing as required • Hat as required by weather • Coat as required by weather • Gloves as required by weather
120 Min X 4 Wk / 7 68.57 Min	<p>Shopping and Errands – morning (Urine samples drop off twice per month)</p> <ul style="list-style-type: none"> • Bring van to front door for loading • Unlock the rear door • Bring the lift down and secure into position • Banking • Pay Bills • Shop for Groceries • Miscellaneous errands as required
15 Min X 4 Wk / 7 8.57 Min	<p>Return Home</p> <ul style="list-style-type: none"> • Stop van at front door to building • Unlock rear door • Bring the lift down and secure into position • Exit van • Unload groceries and sundry purchases • Assist into building • Carry purchases inside • Move van to designated parking spot • Lock and return inside
5 Min X 4 Wk / 7 2.86 Min	<p>Inside Home</p> <ul style="list-style-type: none"> • Clean wheelchair wheels as required • Take off hat • Remove Coat • Remove Gloves • Put outwear away in closet
30 Mins x5 week / 7 28.57 Mins	<p>Laundry (frequent due to night sweats & bacteria reduction *UTIs*)</p> <ul style="list-style-type: none"> • Bed linens • Bath towels and cloths • Fold when dry and put away
30 Min 2X Wk 7 8.57 Min	<ul style="list-style-type: none"> • Clean Wheelchair (frequency depending upon weather and to reduce bacteria due to frequent *UTIs* and an immunity to antibiotics) • Prepare a basin of water & garbage bag • Park chair on flat bag • Scrub wheels, check for rocks in tread • Wipe surfaces down to remove food particles and soiling from general indoor and outdoor use
30 Min X 1 Wk 7 4.28 Min	<p>Refrigerator</p> <ul style="list-style-type: none"> • Empty • Clean all surfaces with warm water and soap • Rinse

	<ul style="list-style-type: none"> • Check food dates and put old food in garbage
120 Min X 2 month 30 8 Min	<p>Medical Appointments (including preparation, time in doctor's office & return time, tests)</p> <ul style="list-style-type: none"> • Require staff to assist with clothing removal, getting onto diagnostic bed • Assist doctor as necessary
Total Non-Daily Minutes: 217.97 Minutes = 3.63 Hours	
Grand Total Hours: 1201.97 = 20.3 Hours	

Concurrent Tasks	
Time Required	Description
60 Min	<p>Housework – (Cleanliness important to reduce bacteria due to frequent *UTIs* and an immunity to antibiotics)</p> <ul style="list-style-type: none"> • Dust all surfaces (cabinets in all rooms, table and desk tops, chairs, displays, frames, furniture legs, bed frame) • Vacuum floor: bedroom, office & living room • Wash Linoleum floors: kitchen & bathroom with Lysol • Wood floor care: mop and clean with Murphy's oil • Clean: countertops, kitchen appliances • Consolidate individual garbage into one and take out to building bins • New garbage bags in each location
10 Min	<p>Liquid</p> <ul style="list-style-type: none"> • Fill up bag with fresh water for consumption and store in fridge to keep cold • Vaporizer machine: fill with water, drop aromatherapy oil as directed
Total Concurrent Minutes: 70 Minutes = 1.17 Hours	