

# Care and Quality of Life Plan - Annual Expectations for Healthy Aging

## Commitment to Care and Wellbeing for [REDACTED]

Redacted

[REDACTED]

Solemnly commits to providing care and quality of life to:

[REDACTED]

to the best of my knowledge and ability. I agree to comply with [REDACTED] life choices, wishes and directives as previously discussed with [REDACTED] and listed below:

1. Quality of life is very important
2. Being independent and useful
3. Staying as fit and as healthy as possible
4. Maintaining a high level of social contact to maintain a feeling of connectedness
5. Keeping happy and fulfilled by taking opportunities to sing, dance, and have fun
6. Enjoying and helping to protect nature and environment

[REDACTED] quality of life could become intolerable, (as expressed by her many times during our time together), and **in the event of one** or more of the following conditions occurring with regularity [REDACTED] and [REDACTED] will connect with \_\_\_\_\_ to make a new plan.

- A. Failure to recognize close family and or spouse
- B. Living with extreme pain
- C. Be forced to live in a total care facility
- D. Inclusive bowel or urinary incontinence
- E. Becoming completely dependent
- F. Loss of physical and sensory function, vision, hearing etc.
- G. Become violent or aggressive
- H. Heavily medicated to the point of non-comprehension

Care and Quality of Life Plan

Annual Expectation for Healthy Aging



Underlying health issues with some dementia.

The following chart show expected care and actions

for the health and wellbeing for [REDACTED]

Activity	Location	Details	No of times per		
			Day	Week	Year
Food	Home	Healthy home cooked	2 -3		
Dining out	Restaurant or snack	Variety		4-5	
Social connections	Community Farmers markets Legions Shady Rest etc.	Casual ... visiting friends Saturday + Oceanside Parksville Karaoke QB Dine dance sing along	4	1 1	20
Physical Activity Walking /Hiking Dancing & singing Swimming Yoga Minds in Motion	Oceanside 25 + location in the area Shady Rest Legion etc. Pool Sea River Seniors Center Parksville	Gardening Wide variety Sing & dance at every chance Eileen loves to swim With Jill Alzheimer's Soc. Doug	2 -3	3 1 1	30
Personal Contact Health Wellness Personal Care	Husband Friends and Family Wherever possible	Hugs, cuddles, intimacy, loving, caring Fresh air exercise good food nutrients supplements Hair	Often		365 days
Learning	Oceanside	Lectures, presentations			4
Recreation	Oceanside	Watching or participating			20
Culture	Port Theatre, Knox Macmillan Cntr, etc	Music art entertainment Choir Performances			12
Community, events, activities	Errington hall, Civic Cntr. Coombs Fair	Community events Rodeo etc.			10
Special Events	Oceanside	New year's, Xmas Halloween Dressing up Car show etc.			6
Experiences	Vancouver island	Whale watching wildlife			6
Travel trips	Port alberni -Alaska	Boat car cruise trips			4
Environment	Exploring new places	Hikes beaches rivers etc.			20
Helping others	Work Bees	Invasive plant removal etc.			6
Connecting	Phone, Facetime international Zoom	Family, old friends back to school times.		8	
Collecting picking	Oceanside	Flowers, berries rocks etc.			30+