

Person-Centered Planning with Rural Senior Citizens in Maine: Case Presentations From Piscataquis Thriving in Place Project

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Meet Rowena

Meeting attendees – **Rowena** (person meeting is for), **Dave** (46 year-old son), **Sally** (53 year-old daughter), **Reverend Tipper** (minister), **Beth Mason** (garden club), **Helen & Ken Nason** (neighbors), **Cedric** (Rowena's dog).

Who is she?

- ◇ Born in 1920
- ◇ Mom (6 children)
- ◇ Lived in same house for 50+ years
- ◇ Small town NH
- ◇ Baker
- ◇ Gardner
- ◇ Nurse
- ◇ Avid reader
- ◇ History buff
- ◇ Married to Joe (51 years)
- ◇ Began experiencing memory loss – confusion when she was in early 70s
- ◇ Went from being organized planner to very disorganized
- ◇ After test/evaluation was diagnosed with probable Alzheimer's type dementia
- ◇ Many things changed – lost driving privileges, ability to “run her life”, needed help,
- ◇ Confused, sad, angry...

What is needed? Concerns?

- ◇ Safety – ok to be home alone?
- ◇ Adult son (Dave) came back to live with her
- ◇ Meals – groceries – cooking
- ◇ Regular walks – exercise for her dog, Cedric

How to manage:

- ◇ Dr. appointments/medications
- ◇ Visiting nurses -
- ◇ Meals Rowena can eat – (cut up well, moist)
- ◇ Taking care of the household – bills, snow, grass...
- ◇ Doing things Rowena likes; rides, visiting
- ◇ Prioritize needs – Develop a plan to follow

Priorities

- ◇ Someone at house when Dave not there
- ◇ Meals that she likes and can eat
- ◇ Dog walkers/Rowena

Rowena's Action Plan

What	Who	When	Resources	Done or not
People Rowena likes to stay with her	Church Friends, Rev. Tipper will ask	4 x week M-F between 9 – noon	talk to social concerns group at church – see who can help	review on 5/31
Help for Dave – nutritious meals & items for freezer	Garden Club (Rowena was member for many years) Beth Mason, club chair.	2x week	Beth will do this & has list of members who will cook & deliver food to home. Beth will coordinate with Dave.	6/10 date for first meal delivery.
People to help walk Cedric.	Ken Nason will ask about volunteers from the high school Key Club; Helen Nason will seek volunteers in her craft group.	Seeking 4x week for 30-45 minute walk for Cedric	The Nason's will also ask other neighbors to help.	Nason's will report back to group leader by 6/8

The Action Plan, (above) is being developed to help address the priorities that were listed on the prior page. Through time other priorities may also be added. It is often wise to begin with 1-2 so that they may be addressed and the individual and planning group experience success.