

Problem	Intervention	Frequency	Goal
<b>HYBRID RISK FOR FALLS</b>			
<p>Janey is at risk for injury, institutionalization and death due to high risk for falls, risk factors include: _____ &amp; _____.</p> <p>(List all risk factors, example: history of falls (when and how many), pain, score of ___ out of ___ on fall risk scale, etc.). Janey states that she is fearful of falling again.</p>	<ol style="list-style-type: none"> <li>1. Provide supervision of program aides in the provision of assistance or supervision in ambulation, toileting and/or transfers while encouraging Janey to do as much for herself as safely possible.</li> <li>2. Support Janey in decreasing risk for falls; enact fall prevention program.</li> <li>3. Promote Janey's sense of control over own health status; instruct to get up slowly from sitting position, flexing feet prior to standing; monitor effectiveness and comprehension of previous and/or current teaching, provide feedback as appropriate.</li> </ol>	<ol style="list-style-type: none"> <li>1. When receiving in-person services</li> <li>2. 1x per 6 mos. Reinforce 1- 5x a week, during phone calls or in person when receiving services at the center.</li> <li>3. When in center for in-person services and on the phone during contact calls 1-5x per week.</li> </ol>	<p>Janey's risk for falls will decrease and she will experience no falls in next six months. Janey will state that her fear of falling has decreased.</p>
<b>HYBRID HYPERTENSION</b>			
<p>At risk for health complications: due to high Blood pressure. BP ranges from ____/____ to ____/____. Janey states she'd like to make sure her BP improves.</p>	<ol style="list-style-type: none"> <li>1. Assess heart-rate (blood pressure, respirations and report findings to M.D. if findings are _____ (describe when you will call a physician) and provide _____ (specify treatment: deep breathing, rest, O2 administration) as appropriate and/or as ordered by the physician.</li> <li>2. Support Janey's full participation in day health program; supervise program aide in supervision/assistance</li> </ol>	<ol style="list-style-type: none"> <li>1. When receiving in-center services, 1-5x per week.</li> <li>2. On days attending the center for in-person services.</li> <li>3. When in center for in-person services and on the phone during contact calls 1-5x per week.</li> </ol>	<p>Will have no health complications due to hypertension. blood pressure will range between _____ and _____ (specify), Janey will state satisfaction with decrease in BP.</p>

	<p>with ADLs _____ (specify; toileting, ambulating, transferring) while encouraging Janey to do as much for herself as possible while she is at center_____ .</p> <p>3. Promote Janey's involvement in own health and feelings of success; instruct her in _____ (safety techniques, taking adequate rest periods, recognizing signs of physical over-activity.</p>		
<b>HYBRID PERSONAL CARE-SUPERVISION</b>			
<p>1. Janey requires supervision with transfers and ambulation r/t _____ and she requires guidance to location and back to seat.</p>	<p>1a. Supervise toileting, assist if needed.</p> <p>1b. Supervise transfers, assist if needed.</p> <p>1c. Supervise ambulation, assist if needed. Guide to location and back to seat.</p>	<p>1. When at center. 1-5x a week</p> <p>1b. When transferring while at the center. 1-5x a week</p> <p>1c. When ambulating while at the center. 1-5x a week</p>	<p>1. Janey will not be injured due to need for supervision with transfers and ambulation while at the center.</p> <p>2. Jane will receive the toileting assistance she needs while at the center.</p>
<b>HYBRID DEFICIT IN LEISURE TIME ACTIVITIES</b>			
<p>Deficit in leisure time activities, as evidenced by Janey stating that she is often bored 7 days per week, due to having no outlets for leisure time activity pursuits or socialization with peers. She states feeling lonely.</p>	<p>1. Promote Janey's involvement in leisure time activities and provide her with her indicated enjoyable activities.</p> <p>2. Deliver weekly activity packet</p>	<p>1. Promote Janey's involvement in leisure time activities and provide her with her indicated enjoyable activities.</p> <p>2. Deliver weekly activity packet</p>	<p>Janey will state that she is experiencing less boredom and feels bored 5 days per week or less. She will have opportunities to socialize with peers, while at the center. She will state that she feels less lonely.</p>
<b>HYBRID ORIENTATION</b>			
<p>Janey is oriented to person, and place. She</p>	<p>1. Invite to take time in making decisions, don't rush Janey.</p>	<p>1. Daily while at the center.</p>	<p>Janey will continue to be oriented to person and place.</p>

scored 12/30 on the SLUMS exam	<p>2. Support Janey's communication, speak slowly and in short sentences, inviting her to understand and comprehend daily when speaking to her.</p> <p>3. Provide aide/volunteer to support her engagement in multiple step activities; _____ (list the activities).</p>	<p>2. Daily while at the center and during staff contact calls. 1-5x per week.</p> <p>3. Daily while in the center and during staff contact calls 1-5x a week.</p>	She will score 11+ on the SLUMS exam
<b>HYBRID CAREGIVER ROLE STRAIN</b>			
At high risk for institutionalization: Caregiver states she has feelings of extreme stress 7 times per week.	<p>1. Support caregiver's ongoing emotional and physical health; assess and evaluate support systems, reinforce systems that support caregiver and encourage their use.</p> <p>2. Support caregiver's ongoing emotional and physical health; assess and evaluate financial resources and provide counseling.</p> <p><b>Group:</b> Support caregiver's ongoing emotional and physical health; provide caregiver support group and invite caregiver to attend.</p>	<p>1x per week during weekly check-in.</p> <p>2. 1x per week during weekly check-in</p> <p><b>GROUP:</b> 1x per month</p>	Janey will not be institutionalized. Caregiver will state that her feelings of extreme stress have reduced to 5 days a week or less.
<b>HYBRID MOOD</b>			
Alteration in mood: depression, Janey experiences 3 episodes of tearfulness per week and daily feelings of loneliness and scores 7/15 on the GDS. Janey states she'd like to feel less depressed, even happy	<p>1. Support Janey's emotional well-being and self-worth; provide one-on-one counseling sessions to convey emotional acceptance and to encourage to vent feelings</p> <p>2. Assess mood, and provide supportive intervention if Janey</p>	<p>1. 1x per week either in person, or on the phone.</p> <p>2. Daily while in the center.</p>	Janey will state that she experiences 2 episodes of tearfulness per week or less, episodes of loneliness will decrease to 5x per week or less and will score 6/15 or less on the GDS.

	states mood is problematic on that day		Janey will state that she feels less depressed and at least occasionally happy
<b>HYBRID PT MAINTENANCE</b>			
Janey exhibits ____strength in BLE. Requires _____ with transfers and ambulation. Due to _____ Janey is at risk for functional and physical decline	1a. Group exercise for UE/LE ROM and strength, 15-30 minutes	While attending the center in person, 1-5x per week.	Janey will exhibit ____strength in BLE. She will continue to need_____ only with transfers and ambulation. Janey will have no functional or physical decline
<b>Hybrid Global</b>			
Janey requires in-center and in-home services to help ensure her highest level of physical, emotional and cognitive health, to remain living in the community.	<ol style="list-style-type: none"> <li>1. Center staff will provide daily contact with member or member's care-giver, either in center or in the home to support the member's cognitive, emotional and/or physical health.</li> <li>2. Receive a meal from the center.</li> <li>3. Weekly activity packet to support their cognitive and emotional health.</li> <li>4. Staff to assess needs and provide supportive services to help ensure Janey receives what she needs to continue to live in the community.</li> </ol>	<ol style="list-style-type: none"> <li>1. 5 days per week</li> <li>2. 5 days per week</li> <li>3. 1x a week</li> <li>4. 5 days a week</li> </ol>	Janey will receive services at home and the center to help support her to remain living in the community and to help ensure her highest level of emotional, physical and cognitive health until she is able to attend the center 100% in person.