



Personal Health Plans

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**Dock
Meadows**

**Dock Woods
Community**

**Souderton
Mennonite Homes**



Goals

Support Healthy Aging

Promote Independence

Facilitate “Aging in place”

Promote overall Wellness





Steps to Developing a Healthy aging plan
Assessment using Collage
Identify areas of opportunity for growth.
What are the resident's identified goals.
Are all aspects of Wellness being met?





Six Aspects of Wellness





Mrs. E.S.

82 Year Old, Excellent health

Goal: To increase her walking
by at least one day a week
and improve her spiritual life.



E.S. Personal Health plan

Objectives

1. Begin walking Sunday Morning
Use either the Outdoor track or indoor Mile.
2. Journal your progress, using a calendar, note how long you walked, how you felt
3. Begin each Sunday by reading a Psalms or a proverbs. Journal any new insights





Ms. Lil

88 Year Old, Fair health

Diabetic

Heart disease

Arthritis

Goal : To improve her physical activity.



Ms. Lil's Personal Health plan

Objectives

1. Attend the weekly exercise with ease class.
2. Meet with the fitness coordinator to develop a fitness plan
3. Each evening walk in your hallway to increase distance.





Mr. Bill

87 who lives with his wife,

Diabetic

Coronary Artery disease

Post Polio Syndrome

Parkinson's disease

Pulmonary Fibrosis

Recurrent Urinary tract infections





Mr. Bill's Stated Goal

“ To not injure my wife.”

“ To stay well”

Objective:

Maintain and increase strength/mobility

Participate in a strength training program, focused on the upper body

Use the Nu-step to increase lower body strength

Walk in the hallway supervised by a home health aide





Mr. Bill's Stated Goal

“ To not injure my wife.”

“ To stay well”

Objective:

Safe Transfers

Occupational Therapy Consult
Evaluate Mr. Bill's Favorite chair
Utilize adaptive equipment





Mr. Bill's Stated Goal

“ To not injure my wife.”

“ To stay well”

Objective:

Develop preventative health strategies;

Drink a minimum of 4 glasses of water a day

Daily practice deep breathing and coughing exercises.

Report symptoms immediately to your physician

Visit the Wellness Center once a week for a basic check up.





Final Step

Put the Healthy Aging Plan in writing

Make necessary referrals

Follow up in one month

Reassess using Collage at least yearly.



“ I think self awareness is probable the most important thing towards a champion.”

Billie Jean King