



Brighter Days Senior Care, LLC
220 Chester Ave.
Bellmawr, NJ 08031
Donna (856) 816-4912

Name: Theresa XXXX

Address: XXXX

Days: 5-7 days a week (may fluctuate)

Hours: 730/8am-6pm (may fluctuate)

Emergency: Daughter: Kelly cell: xxxxxxxx
Daughter: Jill cell: xxxxxxxx
Hospital: Our Lady of Lourdes in Camden, NJ
Family Doctor: Dr. X, Haddon Heights; phone # xxxxxxxx
Cardiologist: Dr. Gary X, Cherry Hill; phone # xxxxxxxx

Health: 88 years old, FALL RISK, partially blind, diabetic, heart (bypass),
needs assistance walking but not always, sometimes walks with a walker but does
not like to

Notes: No food allergies, not a lot of sugar because of diabetes. Allergic to sulfa drug (penicillin).
Medications will be prepared in organizer by her daughter (Jill)

Please always wash your hands before giving drinks, food! This is very important!

1. When arriving, knock on the front door. Kathy will answer (the woman that stays overnight)
2. Theresa usually gets up around 8/830am. She comes out of bedroom alone and she likes to sit in her chair in the living room to gradually wake up.
3. When Theresa gets up from the chair, daughters would like her to use her walker to ensure she is steady on her feet before she goes into the kitchen (but doesn't have to- always assist regardless)
4. Breakfast is usually cereal and a banana, a waffle with butter with no syrup (sometimes she likes to pick it up and eat it like a piece of toast), or a breakfast sandwich which is premade. She likes her coffee black.
5. 9am: likes to come back into the living room and watch Live with Kelly on 6abc.
6. After the Kelly show, she likes to get washed and dressed, brush teeth, and she will be assisted by Brighter Days. Moisturize her skin.

7. In the nicer weather, Theresa likes to sit on the porch and see what's going on outside.
8. If the weather is nice, Theresa can take a short walk or use the wheelchair in the garage so she can get some fresh air.
9. In between breakfast and lunch, she could use a snack (something small)
10. Lunch is usually grilled cheese, peanut butter sandwich, soup, or any leftovers.
11. Theresa loves music- put music on if not watching TV.
12. Do some exercises- march in place and raise arms.
13. May go along with having her nails done, also may enjoy a tea party (tea party supplies provided by Brighter Days Management)
14. She loves to cook, and has many cookbooks- so feel free to make her favorite recipes or even read them to her.
15. In the winter time, Theresa likes comfort foods (homemade soups)
16. Dinner will be prepped according to what is left for us to prep or follow directions from either daughter.
17. Feel free to ask Theresa if she would like any alone time- if so, you could sit in the kitchen which is close to the living room.
18. All counters wiped after prepping meals, sinks clean, ALWAYS clean up after yourself, and wipe down bathroom periodically. Toilet, sink, floor around toilet, and mirrors should be clean always. Wash all dishes with soap and water and dry properly and put away.
19. If there longer than 4 hours- feel free to do some light dusting and vacuum.
20. Family would love sheets changed/washed every Friday.
21. Do not leave Theresa unattended unless told by family member.
22. Our relief will be either one of the daughters or Kathy (overnight woman)
23. Theresa loves to talk about what is going on with your life (keep it positive and upbeat)

Please make notes of the things you did for them in your journal! Thanks!