

Care Plan for Eleanor

AI-generated care guide

Generated: August 13, 2026

Essential Vitals

Code status: Full code

POA: Claire Whitfield-Ramos, (555) 0147-6631

Primary doctor: Dr. Amara Osei, (555) 0147-3900

Pharmacy: Cedar Street Pharmacy, (555) 0147-4410

Critical allergies: Penicillin, sulfa drugs

When to Get Help

Reported changes to watch closely: New confusion, A fall, Dizziness that does not pass, Not eating for a day

- A fall, even without injury: Call Claire the same day. Two falls in a year changes what the doctor recommends.
- Dizziness that does not pass after sitting down: Call the office. Do not wait for the next appointment.
- New confusion, or unusual sleepiness: Call the doctor same day. If it came on suddenly, call 911.
- Two or more days of not eating properly: Call Claire, and mention it at the next visit.

Call 911 if there is immediate danger, a fall with injury, chest pain, difficulty breathing, or sudden confusion.

About Eleanor

- What brings joy: The garden, and Sunday calls with her granddaughters.
- A good day: She gets out to the raised bed before it is hot, walks Biscuit to the corner and back, and finishes the crossword.
- Comfort: Her own kitchen, Being asked rather than told, Quiet mornings
- Food: Soup she can reheat, Toast and jam, Nothing spicy

Key Insights

- Eleanor manages almost everything herself. The risk is not that she cannot cope, it is that a small setback would take a while for anyone to notice.
- The morning dizziness and the evening statin she keeps missing are the two things worth raising at the next appointment, and both are already written down.
- Her knees, not her memory, are what have changed this year. Stairs are harder than walking.
- Claire is ninety minutes away. What she needs is not more information, it is knowing which things actually need her in the room.

What to Watch For

• A fall on the stairs (High)

One handrail, worn tread edges, and no switch at the bottom. The Home Safety Check flagged all three; the second rail is on the to-do list and not yet installed.

- **Getting in and out of the tub (High)**

No grab bars, a high porcelain wall, and a wet floor. She does this unassisted every day.

- **A missed evening dose going unnoticed (Medium)**

The evening statin is the one that slips, usually on nights she goes to bed early. Nobody would know unless the log is looked at.

- **A quiet stretch nobody checks (Medium)**

She lives alone and does not call when something is wrong, because she does not want to worry anyone.

Care Goals

- **Finish the stairway before winter**

Second handrail anchored into studs, contrast strips on the tread edges, a motion light at the bottom. (Next 60 days)

- **Make the bathroom safe to use alone**

Grab bars beside the toilet and inside the tub, and a transfer bench if she will use one. This is the room with the most daily exposure. (Next 30 days)

- **Take the medication questions to Dr. Osei**

The morning dizziness, the missed evening doses, and whether five medicines is still the right number. (At the September visit)

- **Agree what counts as a reason to call Claire**

So that Eleanor is not deciding alone whether something is worth bothering anyone about. (This month)

Daily Tasks

- [6:30 am] Levothyroxine on an empty stomach, then wait before coffee.
- [8:00 am] Breakfast, then lisinopril, amlodipine and the first metformin.
- [Morning] Stand up slowly. The dizziness is worse on days she skips breakfast.
- [Midday] Walk Biscuit to the corner and back if the weather allows.
- [6:00 pm] Second metformin with dinner.
- [8:00 pm] Atorvastatin. This is the dose that gets missed.
- [Evening] Biscuit out one last time, around 9. He cannot manage the back steps alone.

Clinical Sources

This report is informed by the following published clinical standards. These sources do not replace an in-person evaluation by a licensed professional.

CDC STEADI

Stopping Elderly Accidents, Deaths & Injuries · US Centers for Disease Control and Prevention · 2015 (updated ongoing)

A fall prevention program for older adults developed by the US Centers for Disease Control and Prevention.

<https://www.cdc.gov/steady/index.html>

Katz ADL Index

Katz Index of Independence in Activities of Daily Living · Katz S. et al., JAMA · 1963

A six-domain framework clinicians use to describe how well someone handles daily self-care.

<https://pubmed.ncbi.nlm.nih.gov/14044222/>

Lawton IADL Scale

Lawton-Brody Instrumental Activities of Daily Living Scale · Lawton M.P. & Brody E.M., The Gerontologist · 1969

An eight-domain framework clinicians use to describe how well someone manages home and community tasks like cooking, shopping, and finances.

<https://pubmed.ncbi.nlm.nih.gov/5349366/>

AOTA Find an OT

American Occupational Therapy Association - Find an Occupational Therapist · American Occupational Therapy Association · Ongoing

The national directory for occupational therapists, including those certified in home modifications for aging in place.

<https://www.aota.org/practice/practice-essentials/find-ot-services>

IMPORTANT MEDICAL DISCLAIMER

This report is informational and is not medical advice, diagnosis, or treatment. SeniorThrive is not a medical device. Review this document with a licensed healthcare professional before any change to medication, treatment, or care. In an emergency, call 911.

HOW THIS WAS PUT TOGETHER

Portions of this document were written by AI from the information you provided.