Psychosocial Care Plan to put into template

**Problem:** Resident is at risk for social isolation and mood decline due to COVID-19 restrictions on group programs and visitors.

**Goal:** Resident will participate in \_\_\_ (number) of approaches a week.

**Approaches:**

     -Provide supplies (not to be shared) for independent activities in room i.e. printed crossword puzzles, word finds, coloring pages with colored pencils or markers, etc.

     - Offer the opportunity to play table tennis with one opponent at least (#) days a week. Staff to transport to that area and back.

     - Offer and facilitate video phone calls via Zoom/WebEx with family members.

     - Encourage visits from family/friends outside Resident’s room window or lounge, if Resident’s room faces an inner courtyard.

      - Provide Echo Show to allow Resident to call wife/husband at any time via voice control and see them on a screen. Wife/husband can do the same from their home.

     -   Offer one on one visits from staff to provide support and encouragement.

* Offer one on one walking with staff to promote movement/exercise.

* Encourage spending time outside in courtyards for fresh air.
* Encourage continuation of phone calls with family and friends.

* Encourage Resident to tune into Kendal internal television channel to enjoy activity programming provided.

     -    Provide Resident with a schedule of all activity programming provided on internal television channel.

* Offer interactive meditations groups via Zoom video.
* Offer interactive Crosswords group via Zoom video.
* Offer interactive Church Services via Zoom video/online streaming.
* Offer interactive Spelling Bee group via Zoom video.
* Offer interactive Word Games group via Zoom video.
* Offer interactive News Currents group via Zoom video.
* Offer interactive Jeopardy trivia group via Zoom video.
* Offer interactive Song Swap music group via Zoom video.
* Offer interactive Knitting group via Zoom.
* Offer interactive Music group via Zoom.

ADD:

Addition to the Psychosocial Master Care Plan: 4/2020

Problem :< Profile first Name> ineffective coping related to increased social isolation related to the Pandemic.

Goal: <Profile First Name> will have improved coping, a decline in stress noted, improved wellbeing as expressed in positive behaviors and through verbal expressions.

Approach: Staff will offer breathing techniques to improve relaxation, mindful activities may be offered, and quiet reflection time may be offered to improve coping.

Approach: Offer time outside when possible, out of isolated room.

Approach: Take breaks from TV, News regarding Pandemic.

Approach: Offer one on one time for engagement and conversation, connect with others through phone conversations, live stream video conversations.

Approach: Offer reassurance, allow time to express concerns, maintain regular routines.