

Meet Crystal Palmer



Crystal Palmer, who is 69 years old, is new to your community. She recently relocated from the home she shared with her sister Samantha and niece Alexa. Samantha made the difficult decision to move Crystal to your community because she is resisting Samantha's efforts to help her bathe and recently Crystal has been up all night looking for "the children". Samantha is employed and works full time.

Crystal was diagnosed with Alzheimer's disease and general anxiety disorder four years ago, although Samantha said her sister had demonstrated changes in memory and thinking for at least two years before diagnosis. Crystal is also being treated for hypertension and osteoarthritis in both knees.

Exerpts from Crystal's life story:

Prior to relocating to your community, Samantha filled out a questionnaire about Crystal's life, here are some important things to know about her.

- Crystal was a teacher in the Creighton Elementary School district for more than 40 years. She taught second grade most of that time. She loves children although she never had any of her own. Alexa is her favorite and Crystal loves to spend time with her niece.
- Crystal loves the outdoors; she has been an avid hiker and gardener throughout her life. Samantha and Crystal have spent many years hiking in northern Arizona and camping in the Payson area. Crystal loves to grow citrus trees and all varieties of flowers. She also enjoys sitting outdoors drinking iced tea or lemonade.
- Crystal has never had a large appetite, but she enjoys all kinds of desserts, lemon pie and cinnamon rolls are her favorites.
- Crystal favorite music is classic rock from the 1970s, her favorite performers are Elton John, Stevie Wonder and Neil Diamond.
- Crystal's family were always close and although her parents passed away approximately ten years ago, she asks for them at times.

Information about Crystal's medical needs:

- Samantha shared that her sister demonstrates symptoms of anxiety when she's around unfamiliar people, there is commotion or if she overly tired.
- Crystal has medication orders for Lisinopril (hypertension), PRN Tylenol (osteoarthritis), Namzaric (cognitive loss).
- Crystal has moderate Alzheimer's disease and demonstrates poor short-term memory, limited insight and decision-making skills, and impaired impulse control. She recognizes her sister and niece when they visit.

Information about Crystal's physical needs:

- Crystal requires cueing and assistance with all ADLs. She is resistive to showers and doesn't like to get her hair wet. She walks without assistance but demonstrates poor safety awareness and is at risk of falling.
- Crystal often rises at night and naps in the afternoon.

Crystal Palmer's Comfort Map

What are Crystal's symptoms and actions?	What is Crystal telling us through words or actions?	What can we do to make things for comfortable for Crystal?

