

Julia Bergeron

January 7–January 21

ID# 123

### Wellness Dashboard

This section shows how current wellness data compares to typical patterns, highlighting important recent changes while providing context for short-term variations.



Stable - Maintain Support Plan



Minor Variation - Monitor Early Deviations



Significant Deviation - Review Care Plan



2 alerts

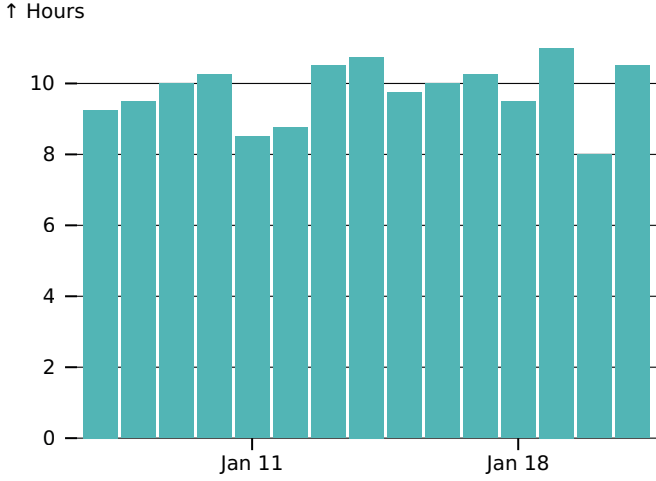
### Trends That Matter: Tracking Progress Over Time

Mobility & Activity	3 months	1 month	Current	Trend
Overall Activity Levels (hours/day)	3.4	3.3	3	—
Periods of Inactivity (alerts/week)	0	0	0	—
<b>Sleep Hygiene</b>				
Sleep Duration (hours/night)	9.2	10.3	10.3	—
Sleep Interruptions * (number/night)	1.4	1.8	1.7	—
Sleep Past Usual Wake Time (alerts/week)	0	0	0	—
<b>Nutrition &amp; Hydration</b>				
Kitchen Activity Levels				↑
<b>Hygiene &amp; Self-Care</b>				
Bathroom Activity Levels				—
Shower / Hygiene Events				↓

\* Sleep Interruptions: Any instance during usual nighttime hours when an individual wakes and leaves their bedroom, or shows noticeable increases in movement indicating disrupted sleep.

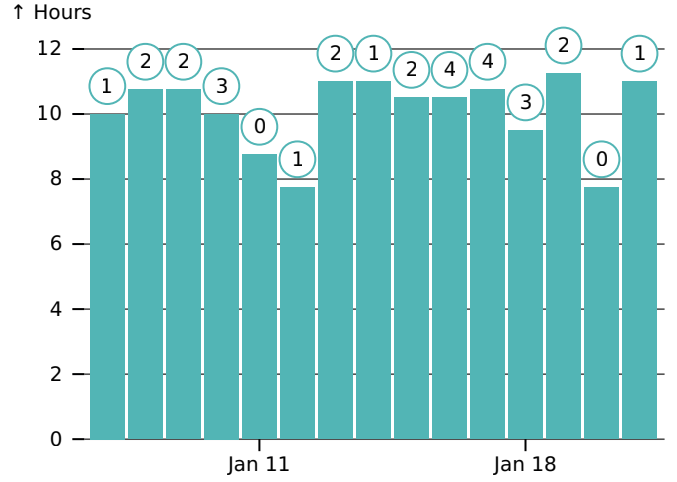
### Mobility & Activity

Daily household activity levels



### Sleep Hygiene

Nighttime activity may indicate restlessness or disrupted sleep.



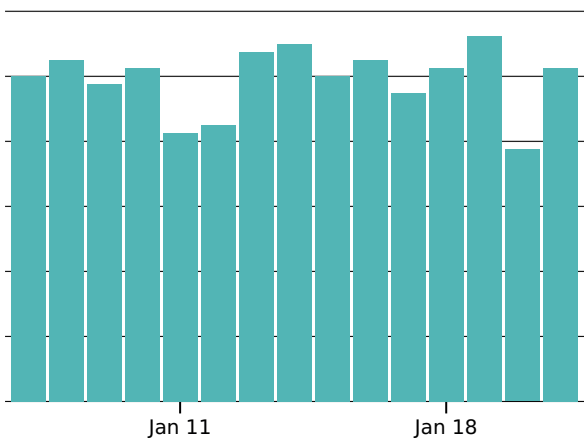
Avg. Sleep Duration	Avg. Sleep Interruptions	Avg. Bed Time	Avg. Wake Time
10h03	1.56	20:53	06:56

○ # of Sleep Interruptions \*

### Nutrition & Hydration

Day-by-day overview of kitchen activity

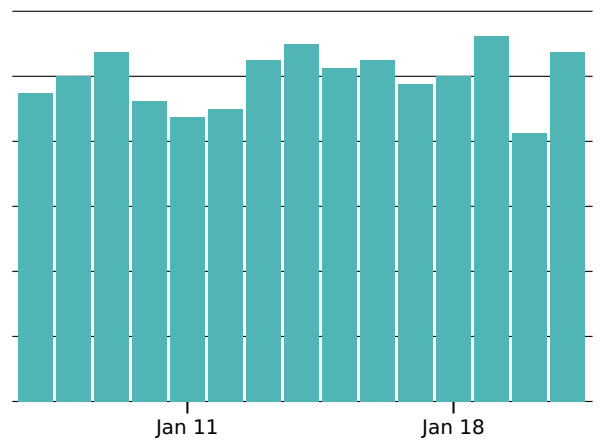
↑ Activity Events (Trend View)



### Hygiene & Self-Care

Bathroom Activity

↑ Activity Events (Trend View)



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### Incidents & Alerts

On November 15th at 12:03 EST and on November 16th at 15:03, the Lifeguard Alert Center (LAC) received inactivity alerts from Julia's home. On both occasions a LAC agent quickly contacted the residence and confirmed that Julia was resting on her couch mentioning that she felt more tired than usual.

### Recommendations

#### Nutrition & Hydration

- Monitor daily kitchen activity to assess eating habits and identify potential nutrition gaps. Provide support with meal planning and preparation as needed to ensure adequate nutrition and hydration, which are essential for maintaining strength, energy, and overall health (ESPEN, 2022).

#### Sleep Hygiene

- Monitor sleep interruptions exceeding three per night and review Julia's sleep environment to identify and minimize disturbances, supporting better rest and overall health (NSF, 2023).

#### Mobility

- Monitor periods of reduced activity and encourage daily walks or light exercise to maintain mobility, cardiovascular health, and overall well-being (WHO, 2020).

#### Care Manager Comments

Disclaimer: Recommendations are based on guidelines and do not replace medical advice. All action items are RN-reviewed.

Completed by Gina Smith - 1-800-555-5555