

WRITTEN EXERCISE

PART - A.

Cynthia Samuels an 89 year old widow is facing multiple inter-connected issues which impacted on her emotional and mental well being and reflected her quality of life. Cynthia's mild stroke which happened 5 year ago has contributed in her physical inactivity and created difficulty in doing her day-to-day activities that led to depend her life on carers. Which increased confusions and concerns about her ability to manage her own. The recent fall and urinary tract infection [UTI] resulted to stay in Hospital, made her depressive. So Cynthia needs mental and emotional support in order to overcome from the situation. However, Cynthia once had an active social life primarily through the local church, but due to her underlying physical condition she could not go to the church, which led to social isolation. Although, Cynthia would be better cared in a residential home, Cynthia has a strong desire to stay at home itself, that indicates for a familiar surroundings and sense of independence. Involving her niece in care ensure a balanced approach which also respects Cynthia's wishes. by addressing safety and care. Thus, Family should implement certain home modifications to reduce fall risks, such as bars to grab, ensure sufficient lighting and so on gives an sense of confidence to Cynthia so she can try to do some physical Activity which improves her well-being and Health.

To conclude, Cynthia Samuel requires a balanced approach among medical, social and her emotional needs while honouring her preferences. Comprehensive assessment by health care professionals, along side with close collaboration with her carers and family will play crucial role to determine the best for Cynthia's future care.