

Problem	Goal	Intervention	By whom?	Monitoring
Physical No physical activity Poor appetite/fluid intake No energy Hypertension not controlled	Return to regular physical activity Enjoy meals BP Control	Exercise program (daily) Antidepressants Monitoring of medication use and potential side effects at home	Physiotherapist GP Community mental health nurse	Weight Self-report Blood pressure monitoring
Psychological Poor mood Tearful Poor concentration Hypersomnia	Improved mood Improved concentration level Improved sleep habits	Antidepressant CBT Exercise program (daily)	GP Community mental health nurse Local pharmacy Physiotherapist Psychologist	GDS
Functional Lost interest in enjoyable activities Feels overwhelmed by responsibility Not frequently taking medications	Taking care of the garden Continue to live in own home Cooking for self	Development of meaningful routine at home Home support help initially Assist interface with community Blister packing of medications	OT Case manager Community mental health nurse Home support agency Local pharmacy	Regular reports and updates from
Social Isolating self from friends and family Feels a burden to daughters	Participation in family, social and community events	Interface with support services and friends/family to establish schedule of visits Meal delivery Develop interests in community	Case manager Community mental health nurse Social worker	Regular reports and updates from those responsible
Spiritual Perceives has no purpose in life Feels worthless, useless Negative outlook life and present condition	Feel more positive about self and the future	Psychotherapy (CBT) sessions	Social worker GP Psychologist	Self-report Updates from family Regular reports and updates from those responsible