Life Care Planning Tools, Websites, and Resources: Summary of Relevant Presentations at the 2006 International Conference on Life Care Planning
Atlanta, Georgia

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Editor's Note: This article was prepared based on presentations given at the International Conference on Life Care Planning in October, 2006 in Atlanta, GA.

Introduction
According to the Standards of Practice for Life Care Planners, as developed by the International Academy of Life Care Planners (IALCP), the preparation of a life care plan (LCP) requires foundation for recommendations (IALCP, 2006). Further, as stated within the definition of a life care plan, a LCP is a dynamic document based upon "published standards of practice" and "research" (IALCP, 1998). Many times treating physicians, if qualified, may provide foundation for the medical care items in a LCP. However, in instances where a qualified physician is not available to provide foundation for medical care items, other resources may be utilized to obtain the information.

As a result of a call for "Life Care Planning Tools" at the 2006 Life Care Planning Summit in Chicago, Illinois, in May, 2006, submissions of resources and tools commonly used by practicing life care planners were obtained and coordinated into a presentation for the 2006 International Conference on Life Care Planning held in Atlanta, Georgia, in October, 2006. This article represents the contents of that presentation. Additionally, information from the "LCP Tools, Websites and Resources" presentation given at the International Conference on Life Care Planning also is included in this article with permission from the presenters. The author extends her appreciation to all life care planners who forwarded their resources for distribution to the life care planning community.

In the author's opinion, it is in the best interest of all life care planners to share resources to enhance the reliability and validity of our work. This article, the first of its type, is designed to provide potential resources for use in the preparation of life care plans and to assist care planners in expanding their resource database. The intention is to continue with future articles that provide ongoing helpful resources for the specialty practice of life care planning.

In keeping with this goal, the IALCP, and its parent organization, the International Association of Rehabilitation Professionals (IARP), has established a Resource Committee, headed by JoAnne McDaniel, RN, CCM, CLCP, LNCC, C.E.A.C., MSCC, to collect and
organize data which will be made available via the IARP website, www.rehabpro.org. Submissions for this resource link may be forwarded to JoAnne McDaniel via email at lcresourcetools.com.

As a first step in providing tools utilized by life care planners, below is a list of books, publications, articles, and websites submitted by practicing life care planners and found to be useful in the practice of life care planning. Following this information, The North American Nursing Diagnosis Association (NANDA) 2003-2004 list of approved nursing diagnoses is included, as well as a sample of templates used by some life care planners in obtaining information for the preparation of a life care plan. As a final item, a list of replacement schedules for some equipment, published by PMSI™, is included as a general reference tool.

Note: The information provided in this article is not intended to be an all-inclusive list of resources and tools used by life care planners. Resources in this article reflect those tools and resources submitted by practicing life care planners who responded to a general call for the information as well as material presented at the 2006 International Conference on Life Care Planning. Although the tools have been found to be useful for some life care planners, the author has not personally verified the usability or suitability of these resources. It is suggested that the reader explore each resource to determine appropriateness for his/her individual need.

Books


- Medical Fees in the United States: Nationwide Charges for Medicine, Surgery, Laboratory, Radiology and Allied Health Services. Published by Practice Management Information Corporation.


**Journals, Articles, and Other Publications**


  - Preservation of Upper Limb Function Following Spinal Cord Injury
  - Pressure Ulcer Prevention and Treatment Following Spinal Cord Injury
  - Prevention of Thromboembolism in Spinal Cord Injury
  - Neurogenic Bowel Management in Adults with Spinal Cord Injury
  - Outcomes Following Traumatic Spinal Cord Injury
  - Acute Management of Autonomic Dysreflexia: Individuals with Spinal Cord Injury Presenting to Health-Care Facilities
  - Depression Following Spinal Cord Injury: A Clinical Practice Guideline for Primary Care Physicians
- Respiratory Management Following Spinal Cord Injury: A Clinical Practice Guideline for Health-Care Professionals


### Search Engines, Web Directories, Websites, and Databases

The following search engines, web directories, websites, and databases is a compilation of ones submitted by life care planners via the careplanners listserv (www.careplanners.net) and from the presentation by Leslie Watson and Jaime Pomeranz at the International Conference on Life Care Planning, October, 2006.

#### Search Engines:
- www.AltaVista.com
- www.ASK.com
- www.bestoftheweb.com
- www.dmoz.org
- www.Dogpile.com
- www.excite.com
- www.goee.com/eureka/openhere
- www.go.com
- www.GOOGLE.com
- www.IBOOGIE.com
• www.metacrawler.com
• www.netscape.com
• www.searchAOL.com
• www.search.msn.com
• www.webcrawler.com
• www.yahoo.com

General Web Directories:
• INFOMINE, http://lib-www.ucr.edu/
• Starting Point, http://www.starting-point.com/

Directories with Rankings or Evaluations:
• Argus Clearinghouse, http://www.clearinghouse.net/
• Librarian's Index to the Internet, http://lii.org/
• LookSmart, http://search.looksmart.com/
• Lycos Top 5%, http://point.lycos.com/categories/
• Magellan, http://Magellan.excite.com/
• Mining Company, http://www.miningco.com/
• MSN Best of the Web, http://www.msn.com/
• Peer review process, http://www.lib.utexas.edu/1sl/help/modules/peer.html
• WWW Virtual Library, http://vlib.org/

Websites:
• Alpha Stim: www.imunesupport.com/library/powerearch.cfm?searchtext=
  - alpha&stim&submit.x=11

• American Hospital Directory
  - www.ahd.com

• Aquatic Lift
  - www.aquaticaccess.com

• Area Real Estate Prices

• Assistive Technology resources for children and adults with special needs
  - www.closingthegap.com

• Auto modifications
  - www.accesssams.com/driving-aids.com - Left foot gas pedals
  - www.nmeda.org

• Case Management Resource Guide
  - www.cmrg.com/guide.cfm

• Children's Resources
- www.yellowpagesforkids.com

- **Communications**
  - www.adaptivation.com - Environmental Control
  - www.dragontalk.com - Naturally Speaking Software
  - www.mayer-johnston.com - Hardware and Software
  - www.tashinc.com/catalog/ca-5-ringer.html - One handed keyboard, speech synthesizers
  - www.words-plus.com - Augmentative
  - www.zygo-usa.com - Augmentative

- **Durable Medical Equipment**
  - www.abilitations.com - Positioning, Tumbleform Wedges
  - www.beyondplay.com/cgi-bin/SEARCH.PL - Deep Pressure Sensory Vest
  - www.brandtind.com/chairs.html - Hydrotherapy Chair
  - www.disabilityproducts.com - Aids for Independent Living
  - www.Medquip.com
  - www.pmsionline.com
  - www.prentrom.com - Prentke Romich Equipment
  - www.rehabmart.com/bedsores2.asp - Multi Podus Boots
  - www.rifton.com - Shower chairs, supine boards, standers, etc.
  - www.safetyplus.net - Sterile Surgical Gloves
  - www.sammonspreston.com
  - www.southwestmedical.com - Catheters, Chux pads
  - www.sunrisemedical.de (can select particular language)
  - www.techhealth.com

- **External Feed, Ostomy, Incontinence, etc.**
  - www.medicalsupplygroup.com

- **Freehand system**
  - www.neurocontrol.com (if site still under construction) try www.nextag.com

- **Government: U.S. Department of Labor**
  - www.dol.gov/sitemap

- **Hand Splints for Spinal Cord Injury**

- **Healthcare cost and utilization project (HCUP)**
  - hcup-us.ahrq.gov. Site is designed to answer HCUP-related questions; provide detailed information on HCUP databases, tools, and products; and offer technical assistance to HCUP users.

- **Hearing devices**
  - www.a1.hearingaids.com
  - www.nfss.com - Assistive Living Devices for Deaf & Hard of Hearing
- www.sighted.com
- www.telltextinc.com

- Home Modifications
  - www.aema.com/contact_member.php
  - www.disability-resource.com/housing.html
  - www.nahb.org/

- International Academy of Life Care Planners
  - www.ialcpl.org or www.rehabpro.org

- IPG Intrathecal Pump

- Kaye Walkers
  - www.kayeproducts.com

- Life Care Planner Resources
  - http://www.careplanners.net/links_orgs.asp

- Lifts
  - www.barrierfreelifts.com - Barrier Free, Overhead, Portable
  - www.jamesonmedical.com
  - www.rehambart.com
  - www.wisdomking.com – Pool

- Mattress Systems
  - www.1-adjustablebeds.com – Adjustable Beds
  - www.comforthouse.com – Hospital Bed Sheets
  - www.mellenair.com – Rem Air
  - www.progressivemedicalinc.com – Alternating Pressure Mattresses
  - www.selectcomfort.com

- Medical Dictionary and CPT Code Information
    replacement+of+pulmonary+conduit&action=search

- Medical Supplies
  - www.allegromedical.com
  - www.allergysupply.com
  - www.conceptsinconfidence.com – Magic Bullet Suppositories
  - www.easyliner.com – Alps Skin Lotion
  - www.hhponline.com – Home Health Products
  - www.Medquip.com
  - www.pmsionline.com – Integrated workers’ compensation supplier
- www.wecarepharmacy.com – Wound Dressings, Comfeel
  (site still under construction)

• Medical Testing/Lab Information
  - http://library.kumc.edu/omrs/diseases/medtests.html

• Medicine/Prescription Drugs
  - www.drugstore.com
  - www.mymedmart.com
  - www.walgreens.com

• Mobility
  - www.easystand.com – Standing Frames
  - www.hand-bikes.com – Hand Powered bikes
  - www.mulhollandinc.com – Pediatric Positioning Systems, Walkers, etc.
  - www.pacificmobility.com
  - www.promedproducts.com – Recumbent Bikes
  - www.scooterone.com – Power Scooters
  - www.snugseat.com – Pediatric Seating Systems, Walkers, Standing Frames
  - www.spinlife.com
  - www.thebikerack.com – Hand Pedal Bicycles

• National Organization for Rare Disorders (NORD)
  - www.rarediseases.org/search

• Nellcore Oximeter
  - www.med-electronics.com

• Neuropsychologist Directory

• North American Brain Injury Society
  - http://www.nabis.org/

• Nursing issues and topics
  - www.nursingworld.org

• Nutritional Supplements
  - www.juiceplus.com

• Orientation and Mobility Specialists
  - www.caoms.org

• Pain Control
- www.paincontrolproducts.com – TENS and accessories
- www.supports4less.com – Carpal Tunnel Splints

- Pain Control Garments
  - www.mypainmanager.com – Bioflex Wearable Therapy

- Pediatric Splints
  - www.chasa.org - Children’s Hemiplegia and Stroke Association

- Personal assistance training

- Personal Assistant Profile
  - www.eldercare.com/modules.php?op=modload&name=CG_Resources&file=article&sid=861

- Physiatrist Directory
  - http://www.e-aapmr.org/imis/imisonline/findphys/find.cfm

- PMSI catalog

- Product Information Source for Disability Products and Services
  - www.disabilitypostcards.com

- Pulse Oximeters
  - www.SEMedicalSupply.com

- Recreation
  - www.endorphin.net – Gym Equipment for SCI

- Respiratory
  - www.medquip.com – Nebulizer
  - www.pulmonetic.com – Pulmonary Ventilators

- Spinal Cord Stimulator
  - www.controlyourpain.com

- Surgical Costs
  - www.ahd.com
  - www.healthia.com/pricing

- Therapeutic Alliances Inc. ERGYS
  - www.MusclePower.com

- Transplant Information and Centers
- www.transplantweek.org

- Vision Impairment Aids
  - www.aph.org - American Printing House for the Blind Products
  - www.magnifyingcenter.com
  - www.talksight.com - software/equipment

- Wander Guard Alert System
  - www.seniorotech.com

- Wheelchairs
  - www.absolutesafety.com
  - www.Invacare.com
  - www.mobility-USA.com - Off Road All Terrain
  - www.pbc-online.com
  - www.planetmobility.com - Lifestand
  - www.quickie-wheelchairs.com - Accessories
  - www.rehabmart.com - Scale
  - www.rehaboutlet.com - Scale
  - www.southwestmedical.com
  - www.vestil.com/wc - Off Road All Terrain

**Online Databases (in alphabetical order):**

**Ageline** - www.aarp.org/research/ageline/
Dates covered: 1978-current. Ageline is a searchable electronic database containing detailed summaries of publications about older adults and aging, including books, journal and magazine articles, research reports, and videos.

**Google Scholar** - http://www.scholar.google.com
Use to find scholarly literature (peer-reviewed papers, theses, preprints, abstracts, technical reports) from a wide variety of academic publishers, professional societies, preprint repositories and universities, as well as scholarly articles available across the web. Google Scholar presents search results in order of relevance to your query, so the most useful references should appear at the top of the page.

**NARIC (National Rehabilitation Information Center) Databases** - www.naric.com/
Dates covered: 1956-current. Access to three NARIC Databases. REHABDATA contains approximately 69,000 abstracts of books, reports, articles, and audiovisual materials relating to disability and rehabilitation research. Each abstract includes bibliographic information, a 250-word abstract, and, when appropriate, information regarding the project that produced the document.

**National Institutes of Health Funded Research** - http://www.nih.gov/
The National Institutes of Health (NIH) is the largest funder of medical research in the world, and the largest funder of non-classified research in the U.S. federal government. NIH asks every scientist who receives an NIH research grant, and who
publishes the results in a peer-reviewed journal, to deposit a digital copy of the article in PubMed Central (PMC), the online digital library maintained by the NIH. PMC will then provide free online access to its copy.

**ProQuest 5000 International** - http://proquest.com/
Dates covered: 1970-current. ProQuest accesses databases covering a wide range of subject areas and disciplines using a common search interface. It is the library’s premiere full-text database, indexing over 4,000 sources including scholarly journals, popular magazines and newspapers.

**PsycINFO** - http://www.apa.org/psycinfo/
Dates covered: 1840-current. PsycINFO indexes and provides non-evaluative abstracts for scholarly, international literature in psychology and related disciplines such as sociology, education, consumer behavior, linguistics, medicine, law, psychiatry, and anthropology. Materials covered include articles from more than 1,300 journals, reports of surveys, bibliographies, books and book chapters, and dissertations. Site License.

**PubMed** - www.pubmedcentral.nih.gov/
Accesses the MEDLINE database of the National Library of Medicine, covering medicine, nursing, dentistry, veterinary medicine, the health care system, and preclinical sciences. Contains citations and abstracts for articles in about 3,900 current biomedical journals published in the U. S. and 70 foreign countries.

Dates covered: 1980-current. CSA Social Services Abstracts provide bibliographic coverage of current research focused on social work, human services, and related areas, including social welfare, social policy, and community development. Site License.

**Web of Science** – www.webscience.org/
Dates covered: 1995-current. The Web of Sciences includes three citation indexes: Science Citation Index, Social Sciences Citation Index and the Arts and Humanities Citation Index. Over 8,000 scholarly, peer-reviewed journals are included in the indexing. Building on the list of cited sources (or footnotes) for each entry, this database can search for works that have cited a specific author or a specific article. Web of Science is also searchable by keyword, author, journal, address and other fields. Consortium (12 Libraries) share 15 simultaneous users.
# Durable Medical Equipment

**Suggested Frequency for Replacement**

![PMSI Logo](https://example.com/logo.png)

**Wheelchair and Accessories**

<table>
<thead>
<tr>
<th>Item</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power WC with Tilt, cushion, etc.</td>
<td>5-7 years</td>
</tr>
<tr>
<td>Power WC Maintenance</td>
<td>Annually</td>
</tr>
<tr>
<td>Power WC Batteries (2)</td>
<td>Annually</td>
</tr>
<tr>
<td>Manual WC (back-up for Power WC)</td>
<td>5 years</td>
</tr>
<tr>
<td>Manual Maintenance</td>
<td>Annually</td>
</tr>
<tr>
<td>Cushions</td>
<td>1-2 years</td>
</tr>
<tr>
<td>WC Belts</td>
<td>2 years</td>
</tr>
<tr>
<td>Back Pack</td>
<td>2 years</td>
</tr>
<tr>
<td>Sip and Puff</td>
<td>Annually</td>
</tr>
<tr>
<td>WC – accessories (armrests, foot plates, gloves, etc.)</td>
<td>2-3 years</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shower Chair</td>
<td>5-7 years</td>
</tr>
<tr>
<td>3-in-1 Commode</td>
<td>5 years</td>
</tr>
</tbody>
</table>

**Respiratory Equipment**

<table>
<thead>
<tr>
<th>Item</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ventilator</td>
<td>5-7 years</td>
</tr>
<tr>
<td>Oxygen Concentrator</td>
<td>5 years</td>
</tr>
<tr>
<td>Ambu Bag</td>
<td>3-5 years</td>
</tr>
<tr>
<td>Ventilator Maintenance</td>
<td>Annually</td>
</tr>
<tr>
<td>Battery Charger</td>
<td>2 years</td>
</tr>
<tr>
<td>Battery Charger for the WC</td>
<td>2 years</td>
</tr>
<tr>
<td>Cigarette Lighter Adapter for the Ventilator</td>
<td>2 years</td>
</tr>
<tr>
<td>Suction Machine</td>
<td>3-5 years</td>
</tr>
<tr>
<td>Portable suction machine with battery</td>
<td>5 years</td>
</tr>
<tr>
<td>Carrying case for portable suction machine</td>
<td>1-2 years</td>
</tr>
<tr>
<td>Nebulizer</td>
<td>3-5 years</td>
</tr>
</tbody>
</table>

**Support Surfaces**

<table>
<thead>
<tr>
<th>Item</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pegasus Mattresses</td>
<td>7 years+++</td>
</tr>
<tr>
<td>Electric Hospital Bed</td>
<td>10 years</td>
</tr>
<tr>
<td>Low-Air loss mattresses</td>
<td>5-7 years</td>
</tr>
</tbody>
</table>

**Miscellaneous**

<table>
<thead>
<tr>
<th>Item</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ramps</td>
<td>10 years</td>
</tr>
<tr>
<td>Lift Equipment</td>
<td>5 years</td>
</tr>
<tr>
<td>Slings for Lift Equipment</td>
<td>Annually</td>
</tr>
</tbody>
</table>
Van with Modifications  7 years
Stethoscope and BP Cuff  5 years
Pulse Oximeter  3-5 years
IV pole  10 years

*Reprinted with permission.

NANDA Approved Nursing Diagnoses, 2003-2004
To assist with establishment of nursing foundation by qualified nurse life care planners, below is a list of approved nursing diagnoses according to NANDA (2003-2004). NANDA nomenclature represents clinical nursing judgments about a client’s actual or potential health. Available at www.duke.edu/~goodw010/vocab/NANDA.html:

- Activity Intolerance
- Activity Intolerance, Risk for
- Adaptive Capacity, Intracranial, Decreased
- Adjustment, Impaired
- Airway Clearance, Ineffective
- Anxiety
- Anxiety, Death
- Aspiration, Risk for
- Attachment, Parent/Infant/Child, Risk for Impaired
- Body Image, Disturbed
- Body Temperature, Imbalanced, Risk for
- Bowel Incontinence
- Breastfeeding, Effective
- Breastfeeding, Ineffective
- Breastfeeding, Interrupted
- Breathing Pattern, Ineffective
- Cardiac Output, Decreased
- Caregiver Role Strain
- Caregiver Role Strain, Risk for
- Communication, Readiness for Enhanced
- Communication, Verbal, Impaired
- Confusion, Acute
- Confusion, Chronic
- Constipation
- Constipation, Perceived
- Constipation, Risk for
- Coping, Community, Ineffective
- Coping, Community, Readiness for Enhanced
- Coping, Defensive
- Coping, Family, Compromised
- Coping, Family, Disabled
- Coping, Family, Readiness for Enhanced
- Coping (Individual), Readiness for Enhanced
- Coping, Ineffective
Life Care Planning Tools, Websites and Resources

- Decisional Conflict (Specify)
- Denial, Ineffective
- Dentition, Impaired
- Development: Delayed, Risk for
- Diarrhea
- Disuse Syndrome, Risk for
- Diversional Activity, Deficient
- Dysreflexia, Autonomic
- Dysreflexia, Autonomic, Risk for
- Energy Field, Disturbed
- Environmental Interpretation Syndrome, Impaired
- Failure to Thrive, Adult
- Falls, Risk for
- Family Processes, Dysfunctional: Alcoholism
- Family Processes, Interrupted
- Family Processes, Readiness for Enhanced
- Fatigue
- Fear
- Fluid Balance, Readiness for Enhanced
- Fluid Volume, Deficient
- Fluid Volume, Deficient, Risk for
- Fluid Volume, Excess
- Fluid Volume, Imbalanced, Risk for
- Gas Exchange, Impaired
- Grieving, Anticipatory
- Grieving, Dysfunctional
- Growth, Disproportionate, Risk for
- Growth and Development, Delayed
- Health Maintenance, Ineffective
- Health-Seeking Behaviors (Specify)
- Home Maintenance, Impaired
- Hopelessness
- Hyperthermia
- Hypothermia
- Identity: Personal, Disturbed
- Infant Behavior, Disorganized
- Infant Behavior: Disorganized, Risk for
- Infant Behavior: Organized, Readiness for Enhanced
- Infant Feeding Pattern, Ineffective
- Infection, Risk for
- Injury, Risk for
- Knowledge, Deficient (Specify)
- Knowledge (Specify), Readiness for Enhanced
- Latex Allergy Response
- Latex Allergy Response, Risk for
- Loneliness, Risk for
- Memory, Impaired
• Mobility: Bed, Impaired
• Mobility: Physical, Impaired
• Mobility: Wheelchair, Impaired
• Nausea
• Neurovascular Dysfunction: Peripheral, Risk for
• Noncompliance (Specify)
• Nutrition, Imbalanced: Less than Body Requirements
• Nutrition, Imbalanced: More than Body Requirements
• Nutrition, Imbalanced: More than Body Requirements, Risk for
• Nutrition, Readiness for Enhanced
• Oral Mucous Membrane, Impaired
• Pain, Acute
• Pain, Chronic
• Parenting, Impaired
• Parenting, Readiness for Enhanced
• Parenting, Risk for Impaired
• Peri-operative Positioning Injury, Risk for
• Poisoning, Risk for
• Post trauma Syndrome
• Post trauma Syndrome, Risk for
• Powerlessness
• Powerlessness, Risk for
• Protection, Ineffective
• Rape-Trauma Syndrome
• Rape-Trauma Syndrome: Compound Reaction
• Rape-Trauma Syndrome: Silent Reaction
• Relocation Stress Syndrome
• Relocation Stress Syndrome, Risk for
• Role Conflict, Parental
• Role Performance, Ineffective
• Self-Care Deficit: Bathing/Hygiene
• Self-Care Deficit: Dressing/Grooming
• Self-Care Deficit: Feeding
• Self-Care Deficit: Toileting
• Self-Concept, Readiness for Enhanced
• Self-Esteem, Chronic Low
• Self-Esteem, Situational Low
• Self-Esteem, Risk for Situational Low
• Self-Mutilation
• Self-Mutilation, Risk for
• Sensory Perception, Disturbed (Specify: Visual, Auditory, Kinesthetic, Gustatory, Tactile)
• Olfactory)
• Sexual Dysfunction
• Sexuality Patterns, Ineffective
• Skin Integrity, Impaired
• Skin Integrity, Risk for Impaired
• Sleep Deprivation
• Sleep Pattern Disturbed
• Sleep, Readiness for Enhanced
• Social Interaction, Impaired
• Social Isolation
• Sorrow, Chronic
• Spiritual Distress
• Spiritual Distress, Risk for
• Spiritual Well-Being, Readiness for Enhanced
• Spontaneous Ventilation, Impaired
• Sudden Infant Death Syndrome, Risk for
• Suffocation, Risk for
• Suicide, Risk for
• Surgical Recovery, Delayed
• Swallowing, Impaired
• Therapeutic Regimen Management: Community, Ineffective
• Therapeutic Regimen Management, Effective
• Therapeutic Regimen Management: Family, Ineffective
• Therapeutic Regimen Management, Ineffective
• Therapeutic Regimen Management, Readiness for Enhanced
• Thermoregulation, Ineffective
• Thought Processes, Disturbed
• Tissue Integrity, Impaired
• Tissue Perfusion, Ineffective (Specify: Renal, Cerebral, Cardiopulmonary, Gastrointestinal, Peripheral)
• Transfer Ability, Impaired
• Trauma, Risk for
• Unilateral Neglect
• Urinary Elimination, Impaired
• Urinary Elimination, Readiness for Enhanced
• Urinary Incontinence, Functional
• Urinary Incontinence, Reflex
• Urinary Incontinence, Stress
• Urinary Incontinence, Total
• Urinary Incontinence, Urge
• Urinary Incontinence, Risk for Urge
• Urinary Retention
• Ventilatory Weaning Response, Dysfunctional
• Violence: Other-Directed, Risk for
• Violence: Self-Directed, Risk for
• Walking, Impaired
• Wandering
Sample Templates Useful in Life Care Planning

Example 1 – Client Letter

September 1, 2006

Mr. Smith
123 Front Street
St. Louis, MO 63111

Dear Mr. Smith:

This letter is to introduce myself as the Certified Life Care Planner assigned by your attorney, Mr. Stone, to work with you to complete a Life Care Plan. A Life Care Plan is a document that helps identify your future medical and rehabilitation needs resulting from your injury on September 9, 2001. Also identified in a Life Care Plan are the potential costs associated with meeting those needs.¹

My services are at no charge to you, and are provided by Mr. Stone.

I would like to meet with you at your home in the near future and will be calling you in a few days to discuss this further and to schedule a meeting at a mutually convenient time. Enclosed please find documents for you to fill out prior to our meeting. You may contact me at my office at 555-475-4800.

I look forward to meeting with you soon.

Sincerely,

John Smith
Certified Life Care Planner

cc: Attorney

¹ Partially adapted from the combined definition of the University of Florida and Intelicus Annual Life Care Planning Conference and the American Academy of Nurse Life Care Planners presented at the Forensic Section Meeting, NARPPS Annual Conference, Colorado Springs, CO, and agreed upon April 3, 1998.
Example 2, Physician/Provider Letter

September 6, 2006

Dr. Brad Bender
Address

RE: Mr. Smith

Dear Dr. Bender:

I am currently working with Mr. Smith to project his future needs through life expectancy secondary to his disability. We will be preparing a Life Care Plan for Mr. Smith which will delineate future rehabilitative, medical, and support care as may be needed throughout his life expectancy. "A Life Care Plan is a dynamic document based upon published standards of practice, comprehensive assessment, data analysis and research, which provides an organized concise plan for current and future needs with associated costs, for individuals who have experienced catastrophic injury or have chronic health care needs."

I will be accompanying Mr. Smith to an appointment he has scheduled with you on September 29, 2006, at 9:00 am, to obtain information regarding future care for Mr. Smith. I am asking you to review his medical records, and provide me with details of his future needs (see attached form). This information will be used to prepare a cost projection.

You may reach me through my office at 555-475-4800 and fax at 555-475-4801. I appreciate your assistance in the matter.

Respectfully,

John Smith
Life Care Planner

Attachment: Medical Recommendations form (see next page)

1 Combined definition of the University of Florida and Intelicus Annual Life Care Planning Conference and the American Academy of Nurse Life Care Planners presented at the Forensic Section Meeting, NARPPS Annual Conference, Colorado Springs, CO, and agreed upon April 3, 1998.
Example 3 – Medical Recommendations

1. Diagnosis

2. What is the client’s life expectancy

3. Routine office visits: ___ times per year to age ___; then times ___ per year thereafter. Average office visit cost: $______ Private pay rate please.

4. Anticipated surgical intervention: ____ Yes ____ No
   If yes, please explain: ___

5. Co-morbidities:

6. Possible complications:

7. Current medications:

8. Anticipated medications:

9. Comments:

10. At what age would a patient care attendant be needed? ____ hrs/day

11. At what age would skilled nursing be needed? ____ hrs/day

12. At what age would facility based care be needed?

13. Please place a check next to the specialist that you feel should evaluate the patient. Please indicate frequency.

<table>
<thead>
<tr>
<th>SPECIALIST</th>
<th>FREQUENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychiatrist</td>
<td>___ time(s) per year</td>
</tr>
<tr>
<td>Podiatry</td>
<td>___ time(s) per year</td>
</tr>
<tr>
<td>Urology</td>
<td>___ time(s) per year</td>
</tr>
<tr>
<td>Orthopedist</td>
<td>___ time(s) per year</td>
</tr>
<tr>
<td>Pain Management</td>
<td>___ time(s) per year</td>
</tr>
<tr>
<td>Psychology</td>
<td>___ time(s) per year</td>
</tr>
<tr>
<td>Individual Counseling</td>
<td>___ time(s) per year</td>
</tr>
<tr>
<td>Family Counseling</td>
<td>___ time(s) per year</td>
</tr>
<tr>
<td>Pulmonology</td>
<td>___ time(s) per year</td>
</tr>
<tr>
<td>Internal Medicine</td>
<td>___ time(s) per year</td>
</tr>
</tbody>
</table>
### Endocrinologist

**time(s) per year**

### Ophthalmology

**time(s) per year**

### Gynecology

**time(s) per year**

### Infectious Disease

**time(s) per year**

### Neuro-ophthalmology

**time(s) per year**

### Neurosurgery

**time(s) per year**

### Neurology

**time(s) per year**

### Psychiatry

**time(s) per year**

### Gastroenterology

**time(s) per year**

### Biofeedback

**time(s) per year**

### Inpatient Rehab Program

**time(s) per year**

### Outpatient Rehab Program

**time(s) per year**

### Occupational Therapy

**time(s) per year**

### Physical Therapy

**time(s) per year**

### Speech Therapy

**time(s) per year**

### Wheelchair Evaluation

**time(s) per year**

### Dietary Evaluation

**time(s) per year**

### Recreation Evaluation

**time(s) per year**

### Driving Evaluation

**time(s) per year**

### Vocational Evaluation

**time(s) per year**

### Other:

14. Identify medical equipment necessary to meet the needs as determined by diagnosis:

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Example 4 – Selected Portions of a Life Care Planning Assessment Tool*

Orthotics/Prosthetics:
Current Devices:

- None
- Arm: Below Joint
- Above Joint
- Leg: Below Joint
- Above Joint
- Foot
- Hand

Cost of Original Device: ____________________________
Current Supplier _________________________________
Address ____________________________
City, State & Zip ________________________________
Phone # ____________________________

Sexual Assessment:
Is client sexually active at present?  __ No  __ Yes
If no, is this a change from previous level of functioning?  __ No  __ Yes
Does client presently utilize assistive device (implant, pump, etc.)  __ No  __ Yes
Would client like to have a consultation for assistive devices or medications to aid in his/her sexual functioning now or at a future date?  __ No  __ Yes

Home Monitoring Devices:
Are there monitoring devices set up in the home?  __ No  __ Yes
  Type:  _ Wired  _ Wireless

Supplier: ________________________________
Address ________________________________
Original Cost: $ __________________________
Phone # __________________________

Emotional State at Time of Interview:
Level of Consciousness:  _ Alert  _ Lethargic  _ Semi-comatose  _ Comatose
Orientation (check if oriented to):  _ Person  _ Place  _ Time  _ Situation
Mood:  _ Happy  _ Depressed  _ Anxious  _ Tearful  _ Bland affect

Environmental Control, Computers, Telephones:
Type of Heating:  _ Central  _ Space Heaters  _ None  _ A/C only
Does client have an Environmental Control Panel?  __ No  __ Yes
Does client own a computer?  __ No  __ Yes
Make

Date of Purchase

Cost at Time of Purchase

Frequency of Use

Check if client possesses any of the following:
   ___ CD Games ___ Work-related Software ___ Other

Does client own adaptive equipment for a computer?
   ___ No ___ Yes

Type

Date of Purchase

Telephone locations:

Type of dialing:
   ___ Push Button ___ Life Line
   ___ Rotary ___ Emergency Dialing System
   ___ Equipped for the Hearing Impaired

Does client own any of the following Medic Alert® Equipment?
   ___ Medic Alert Bracelet
   ___ Medic Alert 911 Necklace

Notes:


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References

About the Author
JoAnne McDaniel, RN, CCM, CLCP, LNCC, C.E.A.C., MSCLC, is an independent Life Care Planner and Legal Nurse Consultant, and is owner of Life Care Planning Consultants, Inc., since 1996. Ms. McDaniel practiced clinical nursing 1982–1993, held a faculty position at Jefferson College 1988-1993, served as Co-Chair of the IARP (then NARRPS) Forensic Section 1999-2000, past President-Elect of the St. Louis Chapter of AALNC, and taught Introduction to Life Care Planning at the St. Louis Community College in Fall, 2006. She is currently expecting a 2007 graduation from Washington University in St. Louis with a degree in psychology.