

## Case of Harold Stanley

Mr. Harold Stanley is an 81 year old man whose wife had a severe stroke several months ago. She has been hospitalized, and will most likely need to be cared for in a nursing home for the remainder of her life. As with most communities, there is a long wait to place his wife in LTC. Because the stroke was unexpected, the process to place her had just begun and it is estimated that it could take as much as a year to find a placement for his wife. He worries about his wife and her having to stay in a 4-bed ward with many changes in the other patients in her room. He also feels that the nurses are so busy that they don't have enough time for his wife's needs for bathing and getting her up to move around.

Harold has a long history of alcohol use, but while his wife was at home, he was able to keep it under control. Lately, he has been surprised at the number of wine bottles he's been taking back to the Beer Store, and more than once he's awakened in the morning without being able to remember the night before. Recently, his doctor prescribed an antidepressant Nortriptyline 75mg. daily for him to see if this might help.

Harold's children are grown and live in other cities. During their recent visits to him, they have expressed their concerns about the amount he's been drinking and his forgetfulness. Harold didn't think it was that bad, until a few days ago he set off the smoke detector when he forgot that he had left a cigarette burning near a pile of newspapers.

Harold has come to your team for help with his memory and coping with the situation his wife is in.