KindCare
Individual Support and Care Plan

Plan Approval

Prepared By:	Leah Wallace	**Position/Title:**	Support Worker	**Date:**	8 months ago
Approved by:	Michaela Scott	**Position/Title:**	SW Supervisor	**Date:**	8 months ago
Next review date:	In two weeks				

Client and Contact Details

Client Details			
Client Name:	**Christina Scott**	**Date of Birth:**	**18/9/1991**
Gender:	Female	**Doctors Name:**	Dr Kimberly West
ID:	DIS00374497		

Participants involved in care		
Name	**Relationship to Client**	**Area of Support**
Natalie Scott	Mother	Takes shopping, to doctors and church weekly
Joshua Scott	Father	Assists with home maintenance
Dr Kimberly West	Doctor	General health

Emergency Contacts		
Name	**Relationship to Client**	**Contact No.**
Natalie Scott	Mother	0400 006 006
Joshua Scott	Father	0400 007 007

Care Alerts (e.g. Falls Risk, Allergies, Diabetic)
Intellectual disability (development age; 12 years old)

Medication

Current Medication			
Name	**Type (tablet, liquid)**	**Dosage**	**Frequency**
Naproxen	Tablet	2 Tablets	When in pain

Medication			
☒ **Prepacked**		☐ Measure	
☐ Independent	☐ Fully assist	☒ **Supervise**	☐ Prompt

Specialised Care Plans			
Please see Specialised Care Plans (if ticked) for:			
☒ **Pain Management**	☐ Wound Care	☐ Restraint	☐ Physiotherapy

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Mobility

Movement		
☒ **Able to walk unassisted**	☐ Quad stick	☐ Electric wheelchair
☐ Walking stick	☐ Walking frame	☐ Manual wheelchair
Care needs:		
Transfers		
☒ **Independent weight bearing**	☐ Hoist	☐ One staff assist
☐ Non-independent weight bearing	☐ Standing hoist	☐ Two staff assist
☐ Slide sheet	☐ Other _____	
Care needs:		

Vision and Hearing

Vision	
☐ Wears glasses full time	☐ Wears contact lenses (multiple days)
☐ Uses reading glasses only	☐ Wears contact lenses (daily)
☐ Vision impaired: Level of impairment _____	
☐ White walking cane	☐ Guide dog (Name: _____)
Care needs:	
Nil	
Care goals:	
Maintain current level of vision	
Hearing	
☐ Hearing aid (right ear)	☐ Hearing aid (left ear)
☐ Cochlear implant	☒ **No aids**
Care needs:	
Nil	
Care goals:	

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Maintain current level of hearing

Language and Speech

First Language Spoken	**English**
Second Language Spoken	Nil
Speech disorders (e.g. stuttering, slurring, etc.)	Nil

Toileting and Continence

Bladder Continence	
☒ **Continent**	☐ Total incontinence
☐ Partial/occasional incontinence	☐ Catheter
Bowel Continence	
☒ **Continent**	☐ Total incontinence
☐ Partial/occasional incontinence	☐ Colostomy bag
☐ Diarrhoea (Frequency _____)	☐ Constipation (Frequency: __when inactive_)
Bowel Management	
☐ High fibre diet	☐ Oral laxatives (Brand/dose _____)
☐ Other: _____	
Continence Aids	
☐ Commode	☐ Urodome
☐ Over toilet frame	☐ Bed pan
Toileting Needs	
☒ **Independent**	☐ Fully Assist
☐ Supervise	☐ Prompt
☐ Other: _____	
Care goals:	
Maintain current level of continence and independence	

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Showering and Grooming

Showering	
☐ Independent	☐ Fully Assist
☐ Supervise	☒ **Prompt**
☐ Shower	☐ Bath
☒ **Wash hair in shower** (Frequency ___every second day_____)	
☐ Bed sponge bath (Frequency _____)	
Showering Aids	
☐ Shower Chair	☐ Other _____)
Toiletries	
☒ **Regular soap**	☐ Aqueous cream
☒ **Deodorant/antiperspirant**	☐ Moisturiser ☐ AM ☐ PM
Grooming	
☐ Independent	☐ Fully Assist
☐ Supervise	☒ **Prompt**
☐ Wet shave	☐ Electric shave
Teeth	
☒ **Own teeth**	☐ Dentures
☐ Partial denture	☐ None
Own Teeth/Denture acre	
☐ Independent	☐ Fully Assist
☐ Supervise	☒ **Prompt**
Hand and Fingernail Care	
☐ Independent	☐ Fully Assist
☒ **Supervise**	☐ Prompt
Foot and Toenail Care	
☐ Independent	☐ Fully Assist
☐ Supervise	☐ Prompt
☒ **Podiatrist** (Frequency _____)	
Dressing and Undressing	
☐ Independent	☐ Fully Assist
☐ Supervise	☒ **Prompt**
Dressing Assistance	

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☐ Clothing selection	☐ Underwear
☐ Bra	☐ Belt
☐ Buttons	☐ Zips
☐ Stockings	☐ Socks
☐ Make up	☐ Jewellery
☐ Shoes	☐ Other: _____
Care goals:	
Maintain current level of independence	

Eating and Drinking

Meal Preparation	
☐ Independent	☐ Fully Assist
☒ **Supervise**	☐ Prompt
Type of Diet	
☒ **Normal**	☐ Soft
☐ Minced	☐ Pureed
Eating	
☒ **Independent**	☐ Fully Assist
☐ Supervise	☐ Prompt
☐ Right handed	☐ Left handed
Preferred place to eat	
☒ **Kitchen or dining table**	☐ Lounge room
☐ Tray table	☐ Other: _____
Eating Aids	
☐ Modified cutlery	☐ Modified crockery
☐ Bowl	☐ Clothing protector
☐ Other: _____	
Drinking	
☒ **Independent**	☐ Fully Assist
☐ Supervise	☐ Prompt
Drinking Aids	
☐ Modified cup	☐ Straw

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☐ Clothing protector	☐ Other: _____

Domestic Needs

Cleaning	
☐ Independent	☐ Fully Assist
☒ **Supervise**	☐ Prompt
☐ **Other**: _____	
Meal Preparation and Cooking	
☐ Independent	☐ Fully Assist
☒ **Supervise** plans own meals	☐ Prompt
☐ Other: _____	
Shopping	
☐ Independent	☐ Fully Assist
☐ Supervise	☐ Prompt
☒ **Other**: Mother takes her shopping	
Laundry	
☐ Independent	☐ Fully Assist
☒ **Supervise**	☐ Prompt
☐ Other: _____	

Social and Emotional Needs

Religion/Spirituality	
Religion/Beliefs:	Catholic
Place of Worship:	St John's
Day, time, to attend:	Sunday 8am
Pastoral Care Requirements	
Nil	
Pets	
Pet Type and Name	
Nil	
Pet Care Needs	

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☐ Independent	☐ Fully Assist
☐ Supervise	☐ Prompt

Employment Details	
Company:	Nil
Manager/Supervisor Name:	Nil
Address:	Nil
Contact No:	Nil
Work days and hours:	Nil
Transport to/from work:	Nil

Hobbies and Social Activities
Hobbies/Interests/Sports/Sporting Teams
Reading, movies, church, and painting.
Social or Community Groups
Arts group (Wednesdays), St Johns Church
Preferred Social Outings
Church events, Movies, Art galleries (when able)
Preferred Activities
Reading (does not like to be read to), movies, painting

Behaviour

Main Concerns
Very positive and relaxed. Christina has an intellectual disability (development age; 12 years old).
Care Needs
Assist her with reading (Christina has the functional literacy to complete simple tasks but has difficulty with reading in new contexts or at above an approximate Grade 3 level).
Care Goals
To maintain current mood.

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Other

Other Relevant Information
Christina is fairly quiet and prefers minimal conversation most days. Natalie (mother) helps Christina prepare a shopping list, shop and put away groceries. Also picks up for her monthly doctor's appointments. Natalie and Joshua (father) pick up Christina and take her to church and lunch on Sundays and to her Arts group on Wednesdays.