KindCare
Individual Care Plan

Plan Approval

Prepared By:	Meena Baig	**Position/Title:**	Support worker	**Date:**	23/3/23
Approved by:	Vincent Aaron	**Position/Title:**	Supervisor	**Date:**	25/3/23
Next review date:	25/5/23				

Client and Contact Details

Client Details			
Client Name:	**Aisha Ahmed**	**Date of Birth:**	**6/9/2002**
Gender:	**Female**	**Doctors Name:**	**Dr. Fatima Khan**
ID:	AA1202		

Participants involved in the care		
Name	**Relationship to Client**	**Area of Support**
Sadia Ahmed	Mother	Emotional and practical support
Sami Ahmed	Father	Financial, emotional and practical support

Emergency Contacts		
Name	**Relationship to Client**	**Contact No.**
Sadia Ahmed	Mother	0123456789
Sami Ahmed	Father	0987654321

Medical information

Health and medical information	
Allergies/Alerts	None
Disability and/or medical condition	Aisha has autism and experiences difficulty with social interactions.
Medications	None

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Risk

Risk summary	
Risk summary	Aisha may face potential risks in her everyday life due to her disability and difficulty with social interactions, including social isolation and anxiety.
Potential risks	• Social isolation due to difficulty with social interactions. • Social anxiety in community settings.
Risk level	**High** Medium Low
Controls	• Provide support and assistance for social interactions. • Educate family, friends and community members on autism inclusivity and support requirements. • Provide regular check-ins and support from a support worker or family member.

Assessment

Assessment detail
Assessing Aisha's interests, strengths, abilities and support requirements is important to develop an effective plan for daily living that aligns with her interests and abilities.
Barriers
• Physical barriers to accessibility in the community and her home environment. • Lack of autism inclusivity in the community. • Lack of appropriate support services and accommodations for people with autism.

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Barrier support strategies
• Identify available services and networks for community participation and inclusion. • Provide support and assistance for social interactions. • Conduct accessibility checks before participating in any activities. • Educate family, friends and community members on autism inclusivity and support requirements. • Advocate for appropriate accommodations and support services. • Provide regular check-ins and support from a support worker or family member.

Support strategies

Goals
• Increase Aisha's independence and confidence in social interactions. • Improve her social skills. • Increase her social connections and reduce social isolation.
Support strategies
• Enrol Aisha in an art class. • Join a gardening club. • Volunteer at an animal shelter. • Provide training and assistance for social interactions. • Advocate for appropriate accommodations and support services. • Participate in community activities and events that align with her interests. • Connect with autism advocacy and support groups for social connections and support.

Intervention strategies

Interventions
• Work with Aisha's doctor to develop a medication plan, if necessary, to manage any medical conditions that may impact her social interactions or emotional wellbeing. • Collaborate with Aisha's support network, including her parents and support worker, to ensure that everyone is aware of her needs and goals and can provide support as needed. • Provide regular check-ins and support from a support worker or family member.

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