KindCare
Individual Care Plan

Plan Approval

Prepared By:	Jane Lee	**Position/Title:**	Support worker	**Date:**	23/3/23
Approved by:	Maggie Chen	**Position/Title:**	Supervisor	**Date:**	25/3/23
Next review date:	25/5/23				

Client and Contact Details

Client Details			
Client Name:	**David Dickson**	**Date of Birth:**	**7 June 1977**
Gender:	**Male**	**Doctors Name:**	**Dr. Liang Wu**
ID:	DDH1234		

Participants involved in the care		
Name	**Relationship to Client**	**Area of Support**
David	Self	Managing daily life
Jane Lee	Support Worker	Assistance with daily tasks and medication management

Emergency Contacts		
Name	**Relationship to Client**	**Contact No.**
Sarah Tilley	Friend	0123456789

Medical information

Health and medical information	
Allergies/Alerts	None
Disability and/or medical condition	Mild Intellectual Disability
Medications	Risperidone, 2mg daily at bedtime Fluoxetine, 20mg daily in the morning

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Risk

Risk summary	
Risk summary	David has a mild intellectual disability and may struggle with managing his daily life independently. He is at risk of forgetting to take his medication, which could impact his mental health and behaviour.
Potential risks	Difficulty managing daily tasks. Non-adherence to the medication regimen. Behavioural issues.
Risk level	High **Medium** Low
Controls	Daily check-ins with a support worker. Use of medication reminder app. Development of a daily routine.

Assessment

Assessment detail
David has a mild intellectual disability and requires support with daily tasks, including medication management. He is currently taking Risperidone and Fluoxetine for his mental health.
Barriers
Difficulty with memory and organisation. Limited experience with medication management.

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Barrier support strategies
• Use of visual aids to help with organisation. • Creation of a medication schedule with a support worker. • Frequent reminders and prompts.

Support strategies

Goals
• Improve daily functioning and independence. • Maintain medication adherence. • Manage behavioural issues effectively.
Support strategies
• Regular check-ins with a support worker to monitor progress. • Use of medication reminder app to maintain adherence. • Development of coping strategies for behavioural issues.

Intervention strategies

Interventions
• Attend regular cognitive-behavioural therapy sessions to develop coping strategies. • Participate in social skills training to improve communication and social interactions. • Regularly evaluate progress towards goals and adjust support strategies as needed.

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