KindCare
Individual Care Plan

Plan Approval

Prepared By:	Jane Doe	**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:	**Emily Eden**	**Date of Birth:**	**10 April 2001**
Gender:	**Female**	**Doctors Name:**	**Dr Sandra Lee**
ID:	EE1234		

Participants involved in the care		
Name	**Relationship to Client**	**Area of Support**
Jane Doe	Support worker	General disability support

Emergency Contacts		
Name	**Relationship to Client**	**Contact No.**
John Drinkwater	Father	(02) 1234 5678

Medical information

Health and medical information	
Allergies/Alerts	None
Disability and/or medical condition	Autism Spectrum Disorder
Medications	Sertraline 100mg daily

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Risk

Risk summary	
Risk summary	Emily has difficulty managing her time effectively, which can lead to stress and impact her academic performance. There is a risk of her becoming overwhelmed and experiencing anxiety.
Potential risks	• Difficulty balancing academic and personal responsibilities. • Difficulty managing stress. • Anxiety.
Risk level	High **Medium** Low
Controls	• Regular check-ins with college advisors. • Creation of a structured daily routine. • Use of stress management techniques.

Assessment

Assessment detail
Emily has identified that she needs support to manage her time effectively to balance her academic and personal responsibilities. She is diagnosed with autism spectrum disorder, which can impact her ability to manage her time and regulate her emotions.
Barriers
Difficulty with executive functioning skills. Limited experience with time management.

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Barrier support strategies
Break tasks into smaller steps. Use visual aids to help with time management. Provide frequent reminders and prompts.

Support strategies

Goals
Improve time management skills to balance academic and personal responsibilities. Develop strategies to manage stress and anxiety.
Support strategies
Regular check-ins with college advisors to monitor progress. Creation of a structured daily routine to help manage time effectively. Use stress management techniques, such as deep breathing exercises and mindfulness practices.

Intervention strategies

Interventions
Time management training. Meet with a time management specialist to develop a personalised plan. Cognitive-behavioural therapy to develop coping strategies for stress and anxiety. Attend regular cognitive-behavioural therapy sessions to develop coping strategies for stress and anxiety. Regularly evaluate progress towards goals and adjust support strategies as needed.

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