KindCare
Individual Care Plan

Plan Approval

Prepared By:	Sarah Brown	**Position/Title:**	Support worker	**Date:**	28/3/23
Approved by:	Melina Licata	**Position/Title:**	Care Coordinator	**Date:**	29/3/23
Next review date:	14/4/23				

Client and Contact Details

Client Details			
Client Name:	**James Thompson**	**Date of Birth:**	**15/5/1991**
Gender:	**Male**	**Doctors Name:**	**Dr Susan Lee**
ID:	JAM123		

Participants involved in the care		
Name	**Relationship to Client**	**Area of Support**
John Thompson	Family Member	Support and encouragement
Sarah Brown	Support worker	General support and assistance

Emergency Contacts		
Name	**Relationship to Client**	**Contact No.**
John Thompson	Brother	(123)456 7890
Sarah Brown	Support worker	(321)098 7654

Medical information

Health and medical information	
Allergies/Alerts	None
Disability and/or medical condition	Down Syndrome
Medications	None

© Learn For Work

KindCare
Individual Care Plan

Risk

Risk summary	
Risk summary	Daily living activities and general support
Potential risks	• Challenges with communication. • Difficulty in performing certain tasks independently. • Potential social isolation.
Risk level	High **Medium** Low
Controls	• Person-centred support • Regular communication and collaboration with family members • Inclusion in appropriate community activities and resources

Assessment

Assessment detail
Understand James' daily living needs, interests, and preferences.
Barriers
• Limited prior experience in participating in certain community activities. • Possible difficulty in accessing appropriate community resources and facilities. • Need for additional support and assistance in daily living tasks.

© Learn For Work

KindCare
Individual Care Plan

Barrier support strategies
• Provide guidance and orientation to James when introducing him to new community activities and environments, ensuring a smooth transition and positive experience. • Research and identify accessible community resources and facilities and collaborate with local organisations to improve accessibility where needed. • Offer training and support to help James develop the necessary skills and confidence to perform daily living tasks independently while helping when needed. • Foster connections between James and peers with similar interests to create a supportive network and encourage social engagement in community activities. • Utilise adaptive equipment and technology, when appropriate, to support James' participation in chosen activities and daily living tasks.

Support strategies

Goals
• Enhance James' skills in cooking and gardening. • Increase James' independence in daily living tasks. • Facilitate James' social inclusion and community participation.
Support strategies
• Identify and enrol James in appropriate cooking and gardening classes or workshops. • Provide necessary training and support to help James perform daily living tasks independently. • Collaborate with local community groups and organisations to create social interaction and engagement opportunities.

Intervention strategies

Interventions
• Implement individual skills development strategies, including experiential and informal learning opportunities. • Monitor and evaluate James' progress towards goals and provide constructive feedback. • Address potential barriers to James' participation in chosen activities, such as inadequate support services, lack of accessible facilities, or discriminatory attitudes, and develop strategies to overcome these barriers.

© Learn For Work

KindCare
Individual Care Plan

© Learn For Work