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:	**Mei Chen**	**Date of Birth:**	**2/11/1995**
Gender:	**Female**	**Doctors Name:**	**Dr. Liang Wu**
ID:	MCH1234		

Participants involved in the care		
Name	**Relationship to Client**	**Area of Support**
Ling Chen	Mother	Emotional and practical support
David Chen	Father	Financial, emotional and practical support

Emergency Contacts		
Name	**Relationship to Client**	**Contact No.**
Ling Chen	Mother	0123456789
David Chen	Father	0987654321

Medical information

Health and medical information	
Allergies/Alerts	None
Disability and/or medical condition	Mei has a sensory processing disorder that affects her ability to process and respond to sensory information in a typical way and she wears a hearing aid to assist with her hearing impairment.
Medications	None

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Risk

Risk summary	
Risk summary	Mei may face potential risks due to her sensory processing disorder and hearing impairment, including sensory overload or seeking behaviours, communication difficulties and social isolation.
Potential risks	• Sensory overload or seeking behaviours that may impact daily functioning and social interactions. • Communication difficulties due to hearing impairment. • Social isolation due to barriers to accessibility and lack of disability inclusivity in the community.
Risk level	**High** Medium Low
Controls	• Provide support and assistance for sensory processing and communication tasks. • Educate family, friends and community members on disability inclusivity and support requirements. • Provide regular check-ins and support from a support worker or family member.

Assessment

Assessment detail
Assessing Mei'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 and sensory barriers to accessibility in the community and in her home environment. • Lack of disability inclusivity in the community. • Lack of appropriate support services and accommodations for people with sensory processing disorders and hearing impairment.

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Barrier support strategies
• Identify available services and networks for community participation and inclusion. • Provide support and assistance for sensory processing and communication tasks. • Conduct accessibility checks before participating in any activities. • Educate family, friends and community members on disability 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 Mei's independence and confidence in daily living activities. • Improve her sensory processing and communication skills. • Increase her social connections and reduce social isolation.
Support strategies
• Provide training and assistance for sensory processing and communication tasks. • Advocate for appropriate accommodations and support services. • Participate in community activities and events that align with her interests. • Connect with disability advocacy and support groups for social connections and support.

Intervention strategies

Interventions
• Work with Mei's doctor to develop a management plan, if necessary, to manage any medical conditions that may impact her daily living activities or emotional wellbeing. • Collaborate with Mei'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. • Identify and secure any necessary accommodations that may be required for Mei to participate in community activities effectively, such as providing accommodations for her hearing impairment, such as a hearing aid or captioning services. • Work with Mei and her support network to identify any environmental or sensory modifications that may be necessary for her to comfortably and safely participate in community activities, such as arranging for a quiet room or low sensory input areas. • Educate community members and organisations about sensory processing disorders and the accommodations and modifications that may be necessary to support individuals like Mei in participating in community activities. • Work with Mei to develop strategies to manage her sensory processing challenges, such as using sensory tools like noise-cancelling headphones or weighted blankets. • Regularly check-in with Mei and her support network to ensure that her needs and goals are being met and to identify any necessary adjustments to the support plan.

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- Evaluate and review the effectiveness of the support plan on an ongoing basis, making adjustments as necessary to ensure that Mei's social and emotional needs are being met and that she is able to fully participate in community life.

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