



# INDIVIDUAL PLAN

## Participant Details

First Name	Charlie	Surname	Baker
Age	05/10/1956	Gender	Male

## Residential Address

Address 1	25 Oldtown Rd	Suburb	Oldtown
State	VIC	Postcode	1234
Phone	(03) 1234 5678	Primary Email	<a href="mailto:CBaker@email.com.au">CBaker@email.com.au</a>

## My Profile

I am a 67-year-old male recently diagnosed with vascular dementia. I live with Lara, my wife of 37 years, and my dogs, Gary and Sasha. We have two adult children and three grandchildren.

Prior to my diagnosis I worked in Rail Freight Transport, I've worked around the railways from the time I started working at 18. I retired at the end of 2022 after a fall and dementia diagnosis.

Prior to my diagnosis I played croquet, went to the beach every weekend with friends, walked my dogs daily and we entertained friends often.

I also have a model train collection, all hand built by myself, but I have not felt motivated to use it recently much to the disappointment of my grandchildren. I am pretty good with my hands and enjoy building and fixing things but am finding it difficult these days.

### Communication

- I have difficulty with communication, so please allow me time to process what has been said and give my answer.
- I only have 70% of my hearing, so often I will require you to speak louder and more slowly so that I can try and read your lips.
- I get frustrated easily when I cannot understand a full spoken conversation.

### Personal Care

- I am independent in all personal care activities; they just take longer to complete.
- Occasionally Lara may need to remind me to check zips and buttons when I am getting dressed.



**Other care considerations**

- My concentration levels have changed, and I can now only focus for short periods of time. This makes my train building and maintenance difficult, and entertaining exhausting.
- I have spent the last three months in hospital after falling and breaking my hip.
- I am now looking for support on returning home with some light physical activities and to find something to fill my day now. I would like to be able to keep operating my model trains and return to walking the dogs daily and independently.

**My current dementia symptoms present as:**

- Trouble adapting to change.
- Forgetting details of recent events.
- Repeating myself or losing the thread of what I am talking about.
- Irritation and frustration at failing tasks I was previously successful at.

**My Goals and Important Things**

My Goals	<ul style="list-style-type: none"> <li>• Maintain full autonomy and choice in all aspects of life.</li> <li>• Find some meaningful volunteering work opportunities where I can use my existing skills.</li> <li>• Return to physical activity such as walking and croquet.</li> <li>• Independently walk my dogs on the beach.</li> <li>• Reactivate my interest in model trains</li> </ul>	Timeframe to Achieve	Ongoing
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**My Support Schedule**

Task/Service	Day/s	Length of service	Start time	Equipment	Other <i>(Any other considerations such as more than 1 support worker for the task, any safety information they need to read)</i>
Social and recreational support	Mon, Wed & Friday	5 hours	9am-2pm	Support worker will require a car.	Preferably a male support worker who likes to be active and not be afraid of dogs.



Case Notes

Date	Note	Standard of Support
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Plan Revisions Required