



INDIVIDUAL PLAN

Participant Details

First Name	Kevin	Surname	Wright
Age	20/5/1938	Gender	Male

Residential Address

Address 1	71 Douglas St	Suburb	Douglas
State	SA	Postcode	4351
Phone	(03) 8965 4321	Primary Email	KWright@email.com.au

My Profile

I am 84 years old and have recently entered Coastal Care, 18 months after the death of my wife, Mary. Prior to residential care, I lived on my own without any support after Mary's death. We had been married for over 30 years.

I am a Vietnam Veteran, serving for over a year during the war. When Mary was alive, I had an active social life, but I have been quite reclusive for the last 18 months. We did not have children, but I have a good relationship with my nephew Matthew and I have a friend, John, from my time in Vietnam who comes to visit me occasionally.

I am fiercely independent and can at times be resistive to assistance. I am a right legged, below the knee amputee with a prosthetic leg; I lost my leg in a landmine incident in Vietnam. My mobility has declined over the last 12 months, but I am reluctant to use a walker or wheelchair. Several falls over a 6-month period led to my admittance into residential care for my own safety.

I mostly keep to myself, though I do like to chat with the other few veterans in the facility.

I very rarely attend programmed activities, but I am interested in community outings and concerts. I like to play the piano in the facilities chapel and can often be found there from lunch time. Staff have invited and encouraged me daily to join small groups of residents for games and conversation, but I have declined each offer so far.

Matthew informed the staff that I am upset with having to leave my dog with Matthew when I went into care.

I am also very fond of watching tv and movies.

Activities and Communities Support

- Kevin declines all attempts to entice him to attend programmed recreational activities.
- Kevin enjoys going out but requires assistance to board vehicles.
- Extra support: Kevin will be escorted to shops and medical appointments.



Issues

- Resistive to assistance with ADL's.
- Reluctance to use mobility aides to assist in walking.
- Night terrors and PTSD- associated with time in Vietnam.
- Emphysema – managed with medications and supplemental oxygen when required.
- Matthew has mentioned that Kevin may not be receptive to staff of Asian background due to his Vietnam experience.

Strengths and Goals

- Kevin is a good conversationalist and piano player. Quite knowledgeable about the history of areas visited on community outings.
- Staff will endeavour to find activities that capitalise on Kevin's strengths.
- Resistant behaviour will be handled with kindness and compassion.
- Kevin will maintain his current abilities.

My Goals and Important Things

My Goals	<ul style="list-style-type: none"> • Kevin will maintain his current abilities. • Maintain regular contact with Matthew • To participate in activities that interest me 	Timeframe to Achieve	Ongoing
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My Support Schedule

Task/Service	Day/s	Length of service	Starttime	Equipment	Other <i>(Any other considerations such as more than 1 support worker for the task, any safety information they need to read)</i>
Health care issues	Every day	1 hour	8-9am	Supplemental oxygen (if asked).	Assist Kevin with getting dressed where required – He can put on his own shirt with buttons and pants. Offer assistance only if Kevin seems fatigued or frustrated. Assist with shoes and socks - Kevin will try to do as much as possible himself though he does struggle. Offer assistance after two independent attempts and at first offer him a shoehorn. Kevin will inform staff when he feels SOB and requires supplemental oxygen.



Personal hygiene	Every day	1 hour	7-8pm	Shower chair.	<p>Kevin prefers a shower over a bath. He can wash himself, however, will need assistance with washing his back. Do not place the shower chair in the shower but have it ready in the bathroom if he requests it.</p> <p>Kevin can use the toilet on his own.</p> <p>Kevin can use his own toothbrush.</p> <p>Kevin likes to maintain his own moustache and beard with an electric razor and his nephew takes him for a haircut every 6 weeks.</p>
Eating and nutrition	Every day	3 times a day	7-8am, 12-1pm, 6-7pm	N/A	<p>Kevin eats well and usually finish everything on his plate. Have his meal ready before asking him to sit down. He prefers water at meal times and prefers a pale ale at Happy Hour on Friday's</p>
Medication	Every day	10 minutes	Checked after each dosage.		<p>Arrange medications in a daily pill box. Kevin can take his own medication, but the pill box must be checked after each medication timing.</p>
Mobility	Every day	Varies	Varies	Quad cane, walker	<p>Kevin prefers to walk independently without aids. He does have walker to use when he is using supplementary oxygen but will tend to avoid mobilising when using oxygen.</p> <p>Encourage the use of his quad cane when moving about his room and facility.</p>
Social contact and emotional wellbeing	Every day Once a week (Matthew's visits)	When Kevin is awake	7am-9pm	N/A	<p>Kevin will be invited to social outings such as picnics, sightseeing trips, café and restaurant visits and garden walks. Staff will make Kevin aware of concerts and guest speakers.</p> <p>Staff to explore therapy dogs coming to the facility or Matthew being able to bring Kevin's dog for short visits at the facility.</p> <p>He will be encouraged to attend recreation</p>



					<p>activities even if on a passive basis. Staff will try to help Kevin engage with other residents and form friendships.</p> <p>Staff will encourage Kevin to attend exercises classes every week.</p> <p>Staff will always inform and encourage Kevin to attend programmed movie screenings.</p> <p>FAMILY- Kevin’s nephew, Matthew visits once a week and brings Kevin home cooked cakes and treats. Staff will liaise with him regarding Kevin’s wellbeing.</p> <p>Staff will make sure Kevin’s friend is welcomed to encourage them to keep visiting.</p> <p>EMOTIONAL - Kevin is dependent on staff for support when he is frustrated and/or short of breath. Staff will console and counsel Kevin offering reassurance and empathising with his feelings.</p>
Other considerations	At least 3x a week	1 hour	2pm-3pm	N/A	<p>ONE on ONE - Staff will take extra time to visit and talk to Kevin at least 3 x weekly to give Kevin the opportunity to express his wishes.</p> <p>Rostering of agency staff needs to be a careful consideration due to Kevin’s PTSD related to his Vietnam service.</p>



Case Notes

Date	Note	Standard of Support
		<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High
		<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High
		<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High
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		<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High

Plan Revisions Required