

PERSONAL PLAN : Doris Lomond

IDENTIFIED STRENGTHS AND NEEDS	SERVICE USER'S WISHES	IDENTIFIED RISK	PLANNED ACTION/SUGGESTED INTERVENTION	EXPECTED OUTCOMES
<p>Communication Skills</p> <p>Doris has excellent communication skills and is able to express her opinions and needs.</p>	<p><i>Doris often states that she is "shy" but she wishes to meet people. Doris also has a friend who attends on a Tuesday that she wishes to catch up with.</i></p>	<p>None</p>	<p>Doris has been re-introduced to her friend (HS) and will keep Tuesday mornings free for a catch up. Doris will also be introduced into various groups within the unit in the hope that with each visit she will get to know and befriend other service users.</p>	<p>That Doris will gain confidence when in conversations and discussions, chatting with others and will initiate conversations freely.</p>
<p>Sensory Needs</p> <p>Doris has good hearing but does require spectacles for reading.</p>	<p>Doris states that she requires the use of glasses for reading only.</p>	<p>None</p>	<p>Staff to remind Doris to bring her glasses with her each day she attends the centre.</p>	<p>If Doris has her reading glasses she will manage the activities that require her to use them i.e. bingo, cards, dominoes etc.</p>
<p>Memory/Orientation</p> <p>Doris feels her short term memory is poor. At present I have not found this as when talking to her she reminds me of conversations we have shared.</p>	<p><i>Doris's long term memory is good but she wishes her short term memory was better.</i></p>	<p>None</p>	<p>Staff to inform and support Doris in any activities she would like to attend and when at her 4 weekly review I will discuss with Doris and her husband if the use of a notebook would benefit them both, as each visit the day's events for Doris would be recorded in it.</p>	<p>That Doris will have a happy day socialising with her friends and that with the aid of a notebook, it would help with her short term memory being able to hold good conversations with her husband and family.</p>

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<p>Patterns of Behaviour</p> <p>No behavioural patterns evident whilst attending the centre.</p>	<p><i>Doris wishes she would not get so frustrated when she forgets things and then take her frustration out on her husband afterwards.</i></p>	<p>None</p>	<p>By introducing Doris into various groups of her choice making her feel more relaxed. If Doris accepts the aid of a notebook referring to it would lessen her frustration as she is reminded of her events and how her day has been.</p>	<p><i>Doris will be more confident and her morale will improve. Also it will have a positive effect on her relationship with her husband.</i></p>
<p>Mental Well Being</p> <p>Doris feels she keeps well.</p>	<p><i>Doris does not wish to be anxious about attending Oakland.</i></p>	<p>None</p>	<p>Doris has stated she would like to spend her Tuesday mornings with her friend (HS) so that they could both enjoy an activity of their individual choice in the afternoon. She has also been introduced to other service users and has recognised them from previous visit and she has been able to sit with them and converse.</p>	<p><i>Doris will feel safe at Oakland and be able to relax in the centre. This will also give her husband peace of mind and allow him to continue in his caring role.</i></p>
<p>Physical Ability/Mobility</p> <p>Doris has good mobility and requires no aids. Although Doris says some days she feels at home that she struggles to get around and would benefit from a mobility aid. Her stroke in 2008 stopped Doris from going swimming with her husband.</p>	<p><i>Doris wishes to become more physically fit and improve her mobility by attending Oakland regularly. Also Doris wishes to return to swimming at Craigie High school with her husband.</i></p>	<p>None</p>	<p>Doris would benefit from the activities such as exercising, gardening, ball games, hoopla etc. as movement is not restricted and she would enjoy them. As there have been no obvious signs that there are any problems with her mobility I will discuss this at her 4 weekly review.</p>	<p><i>Doris will become fitter and motivated to return to swimming with her husband on a Sunday at Craigie High School. Doris feels the more active she becomes then it will not be long before she joins her husband at the swimming again.</i></p>

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<p>Social Interaction</p> <p>Doris used to love the dancing and would love to attend any Tea Dance or special event day within the unit.</p>	<p><i>Doris wishes to socialise with other people and give her husband a break from his caring role.</i></p>	<p>None</p>	<p>I will discuss with SCO responsible for organising the Tea Dances and ask that he inform Doris of any future dates for the tea dance. If Doris agrees that a notebook would be helpful tea dance dates would be recorded in book.</p>	<p><i>Doris will get an improved quality of life, a change of surroundings and more company. Also her husband will get some time on his own.</i></p>
<p>Activities Doris enjoys; Bingo; Gardening</p> <p>Interests Digital Photography; Basic Computing; Swimming</p>	<p><i>Doris wishes to continue to enjoy Bingo, Gardening and Keep Fit.</i></p> <p><i>Doris states that she has a digital camera that she cannot use - but she would like to learn. Doris then wishes to send the photos to her sisters in Australia via the internet.</i></p>	<p>None</p>	<p>Staff to remind Doris each visit which activities are on offer for each area, to enable her to select a group of her choosing. She has attended the reminiscence group, the gardening group. Also she has taken some photographs and is looking forward to continuing with this.</p>	<p><i>Doris will enjoy Bingo, Gardening, Keep Fit and any other activity she chooses.</i></p> <p><i>Doris will learn digital photography and basic computing. Also this will bring her closer to her family abroad.</i></p>
<p>Social/Cultural/Religious Beliefs</p> <p>Church of Scotland. Doris is aware we have a Church Service on the third Sunday of each month.</p>	<p><i>Doris states that she no longer wishes to attend church but she does believe in God.</i></p>	<p>None</p>	<p>None at this time.</p>	<p>Doris's faith and beliefs would be respected.</p>

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<p>Personal Care</p> <p>Doris attends to her own personal care at home.</p>	<p>Doris wishes for this to remain the same.</p>	<p>None</p>	<p>Staff should observe and report then record any change.</p>	<p>Doris will continue to remain independent in all aspects of her personal care.</p>
<p>Continence</p> <p>Doris is independent in all aspects of continence.</p>	<p>Doris wears a pad and wishes to remain independent whilst at the centre.</p>	<p>None</p>	<p>Staff should observe and report then record any change and also to inform Mr X.</p>	<p>Doris will remain independent with all aspects of continence.</p>
<p>Eating and Drinking</p> <p>Doris is independent when eating and drinking and requires no special diet.</p>	<p><i>Doris states that she is a "very fussy eater" and wishes plain food. Although she is an insulin dependent diabetic she does not follow a diet.</i></p>	<p>None</p>	<p>That Doris is offered foods without sauces, no cream on foods i.e. jelly, sundaes, mousse and if foods were offered to Doris that she didn't like she would be able to make a choice.</p>	<p><i>Doris will enjoy the plain, healthy and nutritional cooking provided at Oakland.</i></p>

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<p>General Health</p> <p>Doris had a stroke, gall stones (gall bladder removed in 2008). She is <u>insulin diabetic</u> and had a bad "hypo" approximately 2-3 years ago.</p>	<p><i>Doris wishes to stay as well as she can.</i></p> <p>Doris feels she keeps in good health now and hopes for this to continue.</p>	<p>None</p>	<p>For all staff to continue to observe report and record any change. And should any occur to inform Mr X.</p>	<p><i>Doris will maintain her well being and by doing so will also improve her husband's well being.</i></p>
<p>Medication</p> <p>Doris at present requires no medication whilst attending Oakland Centre. Her husband administers this at home.</p>	<p><i>Doris wishes to reduce her symptoms by taking her prescribed medication. This includes her twice daily self administered insulin injections.</i></p>	<p>None</p>	<p>Staff should observe, report and record any change and should any occur, to inform Mr X.</p>	<p><i>Doris will reduce her symptoms by taking her prescribed medication.</i></p>
<p>Transport</p> <p>Doris enjoys the journey to and from the centre.</p>	<p><i>Doris wishes to stay at her present address.</i></p>	<p>None</p>	<p>Doris to transport to and from the centre using the Oakland bus.</p>	<p><i>Both Doris and her husband will continue to live at their present address.</i></p>

Service User's Signature: _____

Date: _____

SERVICE USER'S AWARENESS OF DUNDEE CITY COUNCIL / OAKLAND CENTRE POLICIES & PROCEDURES

Has the Service User been made aware of the following policies and procedures?	YES	NO	COMMENTS		YES	NO	COMMENTS
Dundee City Council Smoking Policy as from 26.03.06 Due to changes in legislation there can be no smoking in Oakland Centre	√		Doris is a non smoker.	Assessment of potential risk during attendance at the Centre.		√	No risks identified.
Dundee City Council Insurance does not cover personal belongings.	√		Doris is aware of Dundee City Council's insurance.	The right to read their personal records.	√		Doris is aware of her right to read her personal record.
The Fire Drill procedures, exits and fire points.	√		Doris is aware of these.	Has access to information of other services.	√		Doris is aware of this.
The policy of wearing seat belts on Centre transport.	√		Doris is aware of this and adheres to this policy.	Written Contract		√	
Dundee City Council Complaints Procedure Who would act for me if I had a concern or wished to make a complaint?	√		Doris is aware of Dundee City Council's Complaints Procedure. I will act for myself and should I feel unable to - my husband will act for me.	Financial Assistance		√	

Service User's Signature: _____

Date: _____

DATE	TYPE OF REVIEW	SERVICE USERS CHOICE OF PERSONS ATTENDING REVIEW	DATE & TYPE OF NEXT REVIEW

SERVICE USER CONSENT

I give my consent

I do not give my consent (*delete as appropriate)

For my photograph to be used for Oakland Centre publications and any other publication promoting Oakland Centre and/or services for older people.

Client's Signature:

DOOR ENTRY CODE

In showing the service user the controlled entry system it was explained that in the event of the fire alarm sounding the doors would unlock automatically so that people can evacuate the building. The service user is also aware of the opportunity to be given the door entry code if they so wish.

When offered did service user accept the door entry code.

YES

NO

Client's Signature: