



1.1 Care & Activity Plan Policy/Guidelines

1.0 Introduction

Creating and implementing individualized care& activity plans for INTENSIVE CARE AT HOME's Customers is a very important responsibility and should be in line with the Customers wishes, goals and objectives, as well as with INTENSIVE CARE AT HOME's Philosophy, outlined in its mission& vision statement and in its core values. The Care& Activity plan determines the content of the care& activity plan. It is important to set realistic, measurable goals, interdisciplinary interventions, and create care& activity plans that are individualized.

2.0 What is a Care& Activity Plan?

Care& Activity planning is, "A systematic assessment and identification of a Customers problems and strengths, the setting of goals, the establishment of interventions for accomplishing these goals."

3.0 Why write Care& Activity Plans?

- Document strengths, problems, and needs
- Set guidelines for care delivery
- Establish Customer goals
- Promote an approach to care& activity delivery and assign responsibilities
- Provide measurable outcomes that can be used to monitor progress
- Meet federal and state requirements
- Meet professional standards of practice
- Improve the Customers quality of life and/or Quality of-end-of-life and promote optimal level of functioning!
- To strengthen strengths and to look at possibilities and opportunities and to work around and manage weaknesses

4.0 When are Care& Activity Plans written?

- A minimum of seven days, ideally on a Monday
- Some care& activity plans warrant immediate attention
- As necessary and as issues may arise
- INTENSIVE CARE AT HOME's nursing staff and Customer and/or NOK/Family need to sign the Care& Activity plan

5.0 The Role of INTENSIVE CARE AT HOME Pty. Ltd. Nursing staff, Customer and/or NOK/Family

- Identify the Customers care& activity needs
- Identify barriers to leisure pursuit and help minimize these barriers
- Identify the Customers leisure/recreation potential
- Provide the necessary steps to assist the Customer to achieve their leisure/recreation goal/s
- Monitor and evaluate Customers response to care& activity plan interventions
- The individual care plan should be developed and documented after mutual discussion and cooperation with INTENSIVE CARE AT HOME's Nursing staff, the Customer and/or NOK/Family member

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6.0 Target areas for Care& Activity plan

- Life Goals
- Spirituality/ Religious/ Cultural needs
- Social
- Communication
- Premedical History
- Personal Hygiene
- Dressing/ Undressing
- Mobilisation
- CNS
- CVS
- Respiratory
- GIT
- Endocrine
- Renal
- Medications
- Wounds
- Safety procedures and emergency responses
- Housework
- Shopping