

My Personal Goals

Individual who owns this support plan: MrsAnybody		Date:	Review by:
Team Leader:		Key Worker:	Review Date:
Social Activity This will involve leisure and community activities, clubs, groups and interactions with family, friends outside of the home	Personal Goal For Mrs Anybody to be able to get in the house easier, as Mr Anybody is unable to push her up the drive. Mrs Anybody would like to go and watch the ballet. Mrs Anybody would like to try a Stroke Club	Planned Activity Mrs Anybody has been advised to time the outings so that the carers are there when they arriving home, so that they can assist to push her up the drive. Alternatively they could ask the carers to arrive at a specific time to push her up the drive. Mrs Anybody is an avid ballet fan, and before she had a stroke she used to go into Manchester to watch shows. She would like to do this again. She needs to save some hours to enable a carer to go with her. The Support workers will need to find out what shows are on, where they are and what disabled access they have. If Mrs Anybody decides she wants to go with the help of a support worker they can book it and organise a method of transport and arrange a support worker to escort her. Mrs Anybody will need an early call every other Friday morning so that she can attend the Stroke Club at	Date Achieved
Physical Activity This will involve improving mobility, and becoming more involved in daily living activities. Such as: Personal Care, housework,	Personal Goal Mrs Anybody would like to be able to sleep upstairs rather than down stairs as she does now. She says it will help her to feel like she is living a 'normal life'. For Mrs Anybody to be able to have to have a bath with the assistance of carers.	Planned Activity Mrs Anybody needs a stair lift to get upstairs. The stair lift company are going to see her on 23rd October, after this date we will have more information about when it will be installed. Once it is installed the support workers will need to assist her to get on and off the stair lift and into her bedroom. Mrs Anybody hopes to be able to sleep in her bedroom for Christmas. Once Mrs Anybody has had a stair lift fitted she would like to go into the bathroom and have a bath, there is all ready a bath chair in place, its suitability	Date Achieved

	For Mrs Anybody to walk into the kitchen and help out in the kitchen.	can not be tested until she is able to get up stairs. Mrs Anybody would like to walk into the kitchen more often and possibly do the washing up. Support workers may need to ask Mrs Anybody if she would like any aids in the kitchen to help her achieve this goal.	
Health Activity This will involve support with health and well-being. Diet, medications, exercise including classes, walking	Personal Goal Mrs Anybody would like to meet other people who have suffered a stroke. For Mrs Anybody to walk around the house more often.	Planned Activity Mrs Anybody would like to attend the stroke club in the town as mentioned in social activities above. Carers to assist Mrs Anybody to walk around the house more often.	Date Achieved
Emotional Activity This will involve supporting confidence, self esteem, and empowering older people to take control over aspects of their lives they feel anxious about.	Personal Goal For Mrs Anybody to do some embroidery, a hobby she used to really enjoy before she suffered a stroke. Mrs Anybody says that this would mean a lot to her.	Planned Activity Mrs Anybody used to do a lot of embroidery before her stroke; she would like to do this again but feels she will be unable to due to loss of dexterity on her right side. Support workers to try and find any aids that would enable her to do this activity that she previously enjoyed and took pride in.	Date Achieved