

Deliverance Care – Personal Plan

Client Information			
Name:	Ms Abegale Eaton	DOB:	12/10/1950
Email:	aeaton100@gmail.com	Phone:	024 552 1299
Address:	15C Bowford Road, Sandringham, Auckland 1025		
Date of Initial Contact:	15/08/2023		
Initial contact: Referred by GP.			
My life now, and how I want it to be			
What is going well in my life:			
<ul style="list-style-type: none"> • I enjoy visiting extended family in Auckland. • Regular supervised trips to the swimming pool give me exercise and social interaction. • I enjoy going out and meeting friends when I can. • The Deliverance Care staff understand me, are flexible and plan around my health as it changes. • I have developed good routines. 			
What is not going well:			
<ul style="list-style-type: none"> • My wrist fracture has led to chronic pain and low mood. • I am finding it difficult to perform tasks I used to find easy such as meal preparation and housework. • I was widowed three years ago so I can no longer rely on my husband's support. • I need more support during the day and evening or night. • Cognitive behaviour therapy has ended, and I'd like to explore additional therapy options. • I find it difficult to ask for help but recognise my need for increased support. 			
My goals and things I want to achieve in life:			
<ul style="list-style-type: none"> • Getting the right amount of support now to regain independence. • Increase social interactions to improve physical and mental well-being. • Start a continuing education course, such as learning a new language. • Explore therapy options. 			
What's important to me, and for me:			
<ul style="list-style-type: none"> • Seeing my family and friends. • Having accessible information and choices about support. • Going out and being part of my community. • Having routines and getting regular sleep. • Having supportive people who understand my changing needs. • Remembering to eat, drink, and take medication. • Maintaining a warm, clean home. • Staying safe when out and about. 			

What I bring to my personal plan
What I am good at, my skills, and what people like about me: <ul style="list-style-type: none"> • Good conversationalist, funny. Can talk to anybody. • I've learned to be resilient through coping with difficult life circumstances.
Support or help I already have: <ul style="list-style-type: none"> • Deliverance Care - daily tasks, encouragement, and safety. • Emotional support from my extended family. • Rehabilitation from ACC. • Financial advice and support from Work and Income (WINZ).
What this means to me, and what would happen if I did not have this support: <ul style="list-style-type: none"> • I would struggle to perform everyday tasks. • I would struggle to leave the house and have social interaction. • I would not be able to privately fund rehabilitation.
Other people involved in my personal plan: <ul style="list-style-type: none"> • Deliverance Care. • GP. • Physiotherapist. • My sister.
What I like, what I do not like
My interests, my likes: <ul style="list-style-type: none"> • Family and meeting new people. • Swimming. • Complementary and alternative therapies. • Learning and trying new things.
What I don't like, what stresses me out: <ul style="list-style-type: none"> • Not being informed about changes to policies and available support. • Feeling unable to do things others can. • Lack of energy or motivation due to health concerns. • Home not feeling safe, hard to keep clean. • Lack of sleep. • Being stuck indoors.

How best to support me	
<ul style="list-style-type: none"> • Put instructions and information in writing. Format in an accessible manner such as large print on a blue background. Please send copies of key information to my sister. • Recognize that my health and needs change frequently; please ask me how I am before planning anything for the day. • Be honest about what you can or cannot do. • Adopt a holistic approach to managing my physical and mental health needs. 	
Services provided by Deliverance Care	
<ul style="list-style-type: none"> • Meal delivery • Showering, dressing, making bed • Basic house cleaning • Medication • Transportation to pool/physio. 	
Frequency:	Daily: 45 minutes per day Two trips to pool and physio per week: 2 hours per session
Duration:	20 weeks
Start Date:	15/08/2023
Comments:	Continue with support from Deliverance Care. To be reviewed after 20-week period.