

Deliverance Care – Personal Plan

Client Information			
Name:	Mr Henare Johnson	DOB:	12/10/1950
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Address:	42 Wallace Road, Mangere Bridge, Auckland 2022		
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 receive good support from my sister and I enjoy visiting extended family in Auckland. • I enjoy social activities with friends when the opportunity arises. • 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 wife died three years ago and I am struggling with this loss. • I am struggling with persistent low mood. • I am finding it difficult to perform tasks I used to do easily such as meal preparation and housework. • My medications have some bad side effects side effects such as fatigue and confusion. • I find it difficult to ask for help, but I do recognise that I need more support and may need to try other medications. 			
My goals and things I want to achieve in life:			
<ul style="list-style-type: none"> • Improve my mood and general mental health. • Increase social interactions to improve physical and mental well-being. • Start a continuing education course, such as learning a new language. • Explore alternative therapy options. 			
What's important to me, and for me:			
<ul style="list-style-type: none"> • Seeing my family and friends. • Going out and being part of my community. • Having routines and getting regular sleep. • Having supportive people who understand my changing needs. • Maintaining a warm, clean home. 			
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:

- Deliverance Care - daily tasks, encouragement, and safety.
- Emotional support from my extended sister.
- Financial advice and support from WINZ.

What this means to me, and what would happen if I did not have this support:

- My mental health would worsen.
- I would struggle to perform everyday tasks.
- I would struggle to leave the house and have social interaction.

Other people involved in my personal plan:

- Deliverance Care
- GP
- My sister

What I like, what I do not like**My interests, my likes:**

- Family, friends and meeting new people.
- Good conversations.
- Complementary and alternative therapies.
- Learning and trying new things.

What I don't like, what stresses me out:

- Not feeling like I can see my friends or enjoy their company.
- My bad moods.
- Drug side effects.
- Not being informed about changes to policies and available support.
- Being stuck indoors.

How best to support me

- 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

- Meal delivery
- Showering, dressing, making bed
- Basic house cleaning
- Medication: Venlafaxine 75 mg – 1 dose every morning, taken with a full glass of water

Frequency:	Daily: 45 minutes per day
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Duration:	20 weeks
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Start Date:	15/08/2023
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Comments:	Continue with support from Deliverance Care. To be reviewed after 20-week period.
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