|  |
| --- |
| **Service user: Bertha Brown**  **Plan Dates: (12.5.18 – 12.5.19)** |
| **Goals:**  To improve my communication to strengthen and increase the quality of my life and relationships, possibly with assistive technology  I want to remain living in my own home independently. |

Case Notes

|  |
| --- |
| **Person completing notes: Bart Simpson**  **Date: 18 August 2018**  **What did you do on shift?**  Today I arrived on shift to find Bertha excited to start cooking together. Last week Bertha chose to cook Pad Thai and we went and purchased the necessary ingredients.  Bertha was able to follow the recipe and with some assistance she was able to peel, chop and prepare the meal.  **What progress has been made towards achieving the participant’s goals?**  **Today we worked on her goal to remain in her own home**  Our shift today focused on helping Bertha cook a range of different, healthy food options. Whilst we work towards increasing Bertha’s cooking skills, she is more able to live independently. Bertha’s skills have improved, and she is no longer scared to use a sharp knife to chop up ingredients  **Any other comments?**  Bertha and I discussed what she might like to do on our next shift. Bertha suggested we look at budgeting and setting up a spreadsheet to help her |

Save this as: Case Notes – 18.8.18 – Bertha Brown

Email to the relevant Coordinator as per attached list within 48 hours