

**Goal Notes:**

John Smith participated in meal preparation & budgeting (*Must relate to NDIS Goals*)

Shift Notes:

Monday 4th January 2021

10am – 3pm

John selected his meals for Tuesday – Thursday and he was assisted to purchase the groceries required with his budget of \$40.

Assisted John to pre-cook his dinner for reheating later and which will also form part of his meal for lunch tomorrow (John will let OMEGA support staff know).

John cleaned the kitchen, and we planned next week's shift together which will be visiting the aquarium (Budget of \$50 for lunch and gift shop decided by John). Approved by Alessia to increase kilometre cap to 50km for single shift.

**Goal Notes:**

Cooking, shopping, and planning

Shift Notes:

John let me into his house, and we had a chat about his friend who moved down the beach and he said "I won't be visiting him because I don't like the sand". I cleaned up his table as it was still messy from the night before. John and I went through his meal planning book to look at recipes that he might like to cook over the next few days, and he decided on Spaghetti Bolognese, chicken kiev, pasta bake for his dinners, sandwiches for lunch and his favourite cereal for breakfast. We went out to the shops to grab all the ingredients, and because we were out already, we went to the chemist and he got some Movicol because he hasn't been to the toilet in two days, but this is normal for him. When we got back to the house, we pre-made his sausage rolls and vegies so he can reheat them in the microwave later and then we made plans to go to the aquarium next week. John thanked me for all my hard work and how much his mother likes my cooking, then I said goodbye and left.