

Care At Home example ACTION PLAN

What are we trying to accomplish?

Vision: Maintain Maisie's independence so she can remain at home

Maisie's goal: Get outside walking again – around the garden within 3 months

How will we know the change is an improvement? What will we measure?

How will we know what we are doing is getting Maisie closer to her goal?

- | | |
|---|---|
| <p>1. Confidence in walking (1-5 rating scale)</p> <p>2. Leg strength – Sit to Stand test</p> | <p>3. Number of steps taken daily (step counter to record)</p> <p>4. Grip strength test</p> |
|---|---|

Team Leader:

Jennifer (carer)

Who else is in your team?

Maisie, Sara (manager), carers working with Maisie

What are your ideas? What changes can we test out?

****start small****

1. Maisie to answer front door at lunchtime and teatime visit (instead of staff using key safe)
2. Maisie to help with meal prep and be up on her feet when carers are in
3. Maisie to walk the length of the hall 6 times per day
4. Maisie to make her own hot chocolate in the evening before carers arrive
5. Maisie to try top half dressing independently

Practical Tasks?

(complete baseline tests, equipment required? Risk assessment?)

Chase up ramp – Jennifer/Sara
Complete baseline tests – Jennifer
Risk assessment of outdoor area

Who will action?

****share ownership, spread out tasks****

1. Lunchtime and teatime carers
2. All carers – start with Jennifer first and communicate with team
3. Maisie – Jennifer to follow up and record
4. Maisie – evening carer to follow up and record
5. Maisie – carer to record progress

When?

****be realistic but don't wait too long****

1. Start Monday
2. Start Monday
3. Start Friday
4. Start next Monday
5. Start next Friday