

**Patient Name: Ray**

**CHI: 1234567890**

<b>Goal</b>	<b>Rehabilitation Plan</b>	<b>Action By</b>	<b>Completion Date</b>
1. To independently plan and prepare a main meal following a chosen recipe	<ul style="list-style-type: none"><li>• Ray to highlight a meal he is familiar with and complete meal planning worksheet</li><li>• Kitchen assessment with Occupational Therapist, preparing a familiar meal following meal planning worksheet</li><li>• Ray to identify a meal from a recipe book</li><li>• Ray to write out recipe on a meal planning worksheet</li><li>• Ray, Andrew, and Olivia to go shopping to purchase ingredients for meal</li><li>• Ray to prepare meal with Occupational Therapist supervision</li></ul>	Ray/Andrew/ Occupational Therapist	2 weeks
2. To effectively manage cognitive difficulties	<ul style="list-style-type: none"><li>• Neuropsychologist to complete assessment</li><li>• Provide feedback from assessment and education to Ray and family</li><li>• Introduce organisation and goal planning skills: STOP, DEFINE, LIST, LEARN, IMPLEMENT, CHECK.</li></ul>	Ray/Andrew/ Neuropsychologist/ Occupational Therapist	2 weeks
3. To mobilise independently indoors	<ul style="list-style-type: none"><li>• Exercise programme to improve lower limb strength and balance</li><li>• Daily physio sessions in gym to increase exercise tolerance and stamina</li></ul>	Ray/Physio	2 weeks
4. To independently ascend/descend stairs	<ul style="list-style-type: none"><li>• Assess stairs in physio gym</li><li>• Practice stairs with physio</li><li>• Andrew to attend physio session</li><li>• Practice stairs with Andrew in evenings and weekends</li></ul>	Ray/Andrew/Physio	2 weeks
5. To mobilise independently outdoors	<ul style="list-style-type: none"><li>• Outdoor mobility practice with physio focussing on kerbs and uneven paths</li><li>• Practice short walks outdoors with Andrew in evenings and at weekends</li></ul>	Ray/Physio	2 weeks
6. To increase safety awareness when mobilising outdoors	<ul style="list-style-type: none"><li>• Community mobility practice with Occupational Therapist focussing on topographical orientation and attention for road safety</li></ul>	Ray/Occupational Therapist	2 weeks