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## Example Care Plan Summary (each plan is individually created for every client)

**SERVICE USER NAME:** \*\*\*\*\*

### BACKGROUND:

1. Likes to be Called \*\*\*\*\*
2. Ensure that community alarm and 2 hearing aids are being worn – check at every call.  
**\*Update at 1/7/2010: \*\*\*\*\* informed us that one hearing aid was lost while in hospital so she only has one at the moment.**
3. \*\*\*\*\* has right facial weakness probably due to CVA. She has some loss of sight and her hearing is impaired.
4. The District Nurse will be calling daily to dress ulcers and administer pain patches.
5. \*\*\*\*\* uses a Zimmer Frame and can move in familiar surroundings but is at risk of falling.
6. She has a swallow problem and needs to eat softer foods.
7. Due to \*\*\*\*\*'s poor eyesight, the carer must demonstrate to \*\*\*\*\* that all foods and drinks prepared can be reached easily.

### CARE PLAN REQUIREMENTS

**4 half hour calls daily, plus 1 hour domestic call on Monday. See below for details of all calls.**

#### 9.30 am – Monday to Sunday.

1. Carer to enter via keysafe. Please call as you enter so that \*\*\*\*\* is aware of your arrival.
2. Assist \*\*\*\*\* with washing and dressing.
3. Prompt medication from blister pack.
4. Make breakfast and a hot drink.
5. Clear away any dirty dishes.
6. Leave a carton of food supplement at hand in case \*\*\*\*\* wants this during the morning.
7. If there is any dirty washing by the washing machine, load the machine and start the washing cycle.

#### 1.30pm – Monday to Sunday.

1. Carer to enter via keysafe. Please call as you enter so that \*\*\*\*\* is aware of your arrival.
2. Assist \*\*\*\*\* to choose microwave meal from freezer, assist her to heat it and serve on a tray with a glass of water or cup of tea.
3. Prompt medication from blister pack.
4. Clear away any dirty dishes.
5. Leave a carton of food supplement at hand in case \*\*\*\*\* wants this during the afternoon.
6. If washing is completed, empty machine and hang up to dry.

**CONTINUED OVERLEAF**

**5.30pm – Monday to Sunday**

1. Carer to enter via keysafe. Please call as you enter so that \*\*\*\*\* is aware of your arrival.
2. Make a meal or sandwiches as requested from available ingredients. Add a dessert and hot or cold drink as preferred by \*\*\*\*\*.
3. Prompt medication from blister pack.
4. Clear away any dirty dishes.

**9.30 pm – Monday to Sunday**

1. Carer to enter via keysafe. Please call as you enter so that \*\*\*\*\* is aware of your arrival.
2. Assist \*\*\*\*\* to get undressed and ready for bed. She may prefer not to go to bed immediately but assist her to do so if she wishes.
3. Help \*\*\*\*\* to put on the repose bootees to protect her heels.
4. Prompt medication from blister pack.
5. Put a glass or water or drink of choice in easy reach and that community alarm is by the bedside.
6. Ensure that the home is secure before leaving (e.g. close windows, check door locks etc.)

**11am – 1 hour Monday each week**

1. Vacuum all floors
2. Clean kitchen and bathroom floors as appropriate.
3. Clean bathroom sink and clean and disinfect toilet facilities.
4. Change bed if needed and put linen ready to be washed.
5. Dust through as time allows.