

## Wellness Care Plan Examples

These examples show how to write wellness goals for clients receiving ongoing support.

Unlike reablement plans with specific end dates, wellness plans focus on maintaining independence over time while looking for gradual improvement opportunities.

Remember, these are just examples. Always create plans that fit your client's unique needs.

**Please turn to the next page to see the Wellness Care Plan Examples.**

What I want to achieve	Actions that will support me	Who is responsible?	Day/Date/Frequency	Date action completed
<b>Showering (ADL)</b>  I want to shower safely while maintaining as much independence as possible.  <input type="checkbox"/> Review date: _____	Under my support worker's supervision, I will get into the shower, sit on a shower stool, and: <ul style="list-style-type: none"> <li>• Wash my upper body while sitting</li> <li>• Wash my bottom and genital area while standing and holding a grab rail with one hand</li> <li>• Wash my legs and feet with a long-handled sponge</li> </ul>	Coordinator to source sponge and shower tool  OT to recommend rail  Support worker to assist if required	[Review date]	[Date]
<b>Note the reablement strategies used:</b> <ul style="list-style-type: none"> <li>• <b>Build capacity:</b> Encouraging safe standing and balance opportunities</li> <li>• <b>Modify the task:</b> Sitting for safety and to conserve energy as required</li> <li>• <b>Adapt the environment:</b> Installing grab rails</li> <li>• <b>Recommend assistive technology (AT):</b> Recommending the shower stool and long-handled sponge</li> </ul>				
<b>What future opportunities are there for the client to improve?</b> For example, could they: <ul style="list-style-type: none"> <li>• Stand while washing their upper body?</li> <li>• Bend down to wash their feet?</li> <li>• Shower without a stool?</li> <li>• Benefit from a period of reablement?</li> </ul>				

What I want to achieve	Actions that will support me	Who is responsible?	Due date	Date completed
<b>Cooking (IADL)</b>  I want to eat a hot meal with meat and vegetables every night.  <input type="checkbox"/> Review date: _____	I will be supported to prepare a hot meal of my choice 2 times per week, taking responsibility for: <ul style="list-style-type: none"> <li>• Deciding on the meals</li> <li>• Getting the ingredients out of the fridge and cupboards and using a traymobile to transport them around the kitchen</li> <li>• Preparing the meat and vegetables while sitting at a table</li> </ul> My support worker will then cook the food as required, and I will order the remaining 5 meals from a home delivery service.	Coordinator to source trolley and provide information about the meal delivery service  Support worker to trial trolley with client	[Date to supply trolley]  [Date to trial trolley]  [Date for review]	
<b>Note the reablement strategies used:</b> <ul style="list-style-type: none"> <li>• <b>Build capacity:</b> Promoting planning and decision making, learning to safely use a traymobile</li> <li>• <b>Modify the task:</b> Sitting down while preparing the ingredients</li> <li>• <b>Recommend assistive technology (AT):</b> Recommending the traymobile</li> </ul>				
<b>What future opportunities are there for the client to improve?</b> For example, could they: <ul style="list-style-type: none"> <li>• Stand while peeling the vegetables and/or stirring the contents of a pot?</li> <li>• Storing frequently used items on a lazy Susan and/or between shoulder and hip height to improve access?</li> <li>• Benefit from a period of reablement?</li> </ul>				