

living skills

Paul has told staff that he wants to leave Alberta, Paul was advised that if this is what he wants then staff would support him on this.

Paul then told staff that he intends on moving to the south of England, Cheltenham Spar and asked for a meeting with Project Manager [REDACTED] to discuss his future.

On the 26/01/05 [REDACTED] took Paul out for lunch to discuss his situation in Alberta and what is expected with his placement, on return [REDACTED] said that Paul wanted to stay in Alberta and start looking for a job.

Paul has been getting supervised shopping due to spending 7.57. Paul on his supervised shop has been getting a much better shop spending on average 25 pound, this will continue until he proves that he can do a shop himself.

Paul is still using the washing machine and tumble dryer after 11:00pm at night.

Paul is also staying up late at night and sleeping late during the day. This is affecting his ability to attend appointments.

SHORT TERM GOALS

To support Paul in his placement by ensuring he knows what is expected from him. To be clear what Paul expects from staff and the ensure Paul is aware of the opportunities available to him.

Continue supervised shopping until Paul can prove he is capable of going unsupervised.

To continue encouraging Paul to use the washing machine and tumble dryer at a reasonable time and continually highlight the dangers.

To get Paul into a routine of going to bed at a reasonable hour.

MEDIUM TERM GOALS

For Paul to be more settled within Alberta with aims and goals.

Paul to go shopping unsupervised.

To have Paul in a routine where he is using the washing machine and tumble dryer when appropriate and in a normal routine of going to bed and getting up early.

LONG TERM GOALS

For Paul to be applying his aims and goals for the future.

To have Paul in a daily living routine.

Paul Hepburn

Living skills

February

2005

Paul is very confident at talking on the phone, and can do his washing, cleaning and ironing himself, however Paul is still on supervised shopping and will get a supervised clothing shop.

10/02/05 Paul has told staff that he has decided to stay in Alberta and look for a job and wants to meet with [REDACTED] from Careers Scotland.

17/02/05 Paul has to complete more housing forms, drivers license form and passport application forms. [REDACTED] is to get Paul a copy of his birth certificate.

22/02/05 Paul received a letter from Project manager [REDACTED] about the noise levels that are created during the night and staff are finding it hard getting to sleep.

24/02/05 A health and safety inspection was carried out on Paul's room – it was very clean and tidy. Paul only needs minor repairs to his bed.

23/02/05 Paul was shown the new rules and boundaries within Alberta. Paul seemed happy with the rules apart from the time-limited calls to his parents.

28/02/05 Paul is still trying to get into a routine due to going to bed late or using the computer in other resident's room throughout the night and still getting up late in the day.

SHORT TERM GOALS

Paul to complete all housing forms,

Paul to complete application for driving license

Paul to complete passport application.

Paul to be reminded of the new rules within Alberta.

Paul to be in a routine of going to bed early and getting up early.

MEDIUM TERM GOALS

To have information on Paul's application form and his provisional driving license and passport documents.

For Paul to do his own clothing and groceries shopping.

Paul Hepburn

Living skills

March

2005

Paul this Month has shown more commitment to doing his share of the housework helping staff with chores and doing his share of washing the dishes. Paul doesn't need remained doing his washing of clothes or ironing however he still uses the washing machine and the tumble dryer during the night. Paul is still in a routine of staying up all night and sleeping all day, due to Paul getting a job he'll need the normal routine of getting to bed early. Money still seems a problem this Month or the lack of money Paul has used his clothing to fund his home visit and he is now on clothing supervised shop, however Paul is off supervised food shop but is still not spending the full amount of 37 pound, it is hope that when Paul starts getting paid from his new job then he'll manage with help from staff budget his money better.

Paul has got passport size photo for his driving provisional which just needs to be counter signed by a member of staff that knows Paul for over 2 years.

SHORT TERM GOALS

Continue with the housework.

Using the washing machine/tumble dryer at times in the evening.

Requires in be in a normal routine for starting his work.

Budgeting his money better and having savings in his bank or open a new bank account for savings.

Doing his own clothing shopping

MEDIUM TERM GOALS

Paul sticking too and respecting the rules within the house when washing and drying his clothes and not being told what is expected.

Managing his money.

Driving forms back ready to take driving lessons.

Complete housing forms and passport forms.

LONG TERM GOALS

Revising for the theory-driving test.

Paul is in a good habit of keeping up to date with his personal hygiene, ironing, washing/drying clothes however still needs to do more within Alberta. Paul was in a good routine when he was in his job but since he finished with his job, he has got back into (at times) his old ways. Paul has been staying up late during weeknight and weekends and at times gone out and not returned back until the early hours, Paul has also gone out during the night this has kept staff up during the night, not letting staff know what time he is coming in at, Paul knows he is breaking the rules.

Paul still needs to manage his money better.

SHORT TERM GOALS

Continue with the housework and requires encouragement.

Using the washing machine/tumble dryer at times in the evening.

Budgeting his money better and having savings in his bank or open a new.

Complete housing forms and passport forms.

To get Paul in at time and going to bed at a reasonable time as well. Letting staff know what time he is coming in at.

MEDIUM TERM GOALS

Paul sticking too and respecting the rules within the house when washing and drying his clothes, and in a routine

Managing his money, budgeting.

Paul respecting staff by informing how long he is going out for and what time he is coming back in at.

LONG TERM GOALS

Monitor Paul with his money.

To have Paul in a routine, where I he is coming in at a reasonable time and going to bed at reasonable time.

Paul is still in his routine of staying up late or being out late and either going to bed in the early hours or coming in late. Paul sneaked out of the window during the night, window was noticed by a staff member who closed it and Paul stayed at his friends [REDACTED] house; Paul was told by leaving a window unlocked he was endangering the safety of the house and staff and not to do it again. Paul is very good in attending to his personal hygiene, washing and drying and ironing his clothes however Paul still uses the washing machine and tumble dryer during the night. Paul hasn't been on any supervised shopping this Month and he has been spending his money very well

Paul still needs to manage his money better.

SHORT TERM GOALS

Continue with the housework and requires encouragement.

Using the washing machine/tumble dryer at times in the evening not during the night.

Budgeting his money better and having savings in his bank or open a new.

Passport forms have been completed and just needs his Mother to sign them.

To get Paul in at time and going to bed at a reasonable time as well. Letting staff know what time he is coming in at.

Paul sticking too and respecting the rules within the house when washing and drying his clothes, and in a routine.

MEDIUM TERM GOALS

Managing his money, budgeting.

Paul respecting staff by informing how long he is going out for and what time he is coming back in at.

LONG TERM GOALS

Monitor Paul with his money.

To have Paul in a routine, where he is coming in at a reasonable time and going to bed at reasonable time.

01/06/05 Paul is still in his routine of staying up late or being out late and either going to bed in the early hours or coming in late. Paul is very good in attending to his personal hygiene, washing and drying and ironing his clothes however Paul still uses the washing machine and tumble dryer during the night. Paul hasn't been on any supervised shopping this Month and he has been spending his money very well.

On the 20/06/05 paul got up at 6:30am and made a great effort to clean the house he also went up to Livingston center and bought some soft furnishings for the bathroom to make it look nice and tidy, paul has made a great effort

25/06/05

Paul is in a routine now going to bed at a reasonable time this is due to him having a job as he gets up at 6:30am.

Paul still needs to manage his money better.

SHORT TERM GOALS

Continue with the housework and requires encouragement.

Using the washing machine/tumble dryer at times in the evening not during the night.

Budgeting his money better and having savings in his bank or open a new.

Passport forms have been completed and just needs his Mother to sign them.

To get Paul in at time and going to bed at a reasonable time as well. Letting staff know what time he is coming in at.

Paul sticking too and respecting the rules within the house when washing and drying his clothes, and in a routine.

MEDIUM TERM GOALS

Managing his money, budgeting.

Paul respecting staff by informing how long he is going out for and what time he is coming back in at.

LONG TERM GOALS

Monitor Paul with his money.

To have paul continuing with his current routine

Paul Hepburn

Living skills

July 2005

01/07/05

Paul's living skills have been very good this month he is still continuing going to bed early and getting himself up for work.

Paul still needs to manage his money a bit better and also pay back what he owes for damaging the fire extinguisher £50.00 and also £86.00 for common goods

Short Term Goals

Budgeting his money better and having savings in the bank.

Paying back the money he owes.

Paul Hepburn Living skills August 2005

02/08/05

Paul lost his job due to him taking a lot of time off he said that he will make a great effort to find another one.

07/08/05

Paul still has made no effort to find a job yet.

23/08/05

Paul went out looking for a job today he has applied for a job as a car park attendant but is still waiting on a phone call.

Paul received his application form as a car park attendant but has made no effort in filling it in.

Short term goals

For Paul to get another job and work on his poor attendance.

For Paul to fill in his application forms.

Paul still has to make an effort to find another job.

Paul Hepburn Living skills September 2005

Paul still continues to sleep all day and stay up all night, staff have spoken to Paul about this and the effect it can have on his health, Paul does not seem to be bothered about this.

Paul continues to cook during the night despite being asked not to.

Paul will tell staff that he will try and get into a better sleep pattern and stop cooking during the night but does not follow this through.

Paul sometimes needs to be reminded to clean up after himself, as he often leaves cups and dinner plates in the kitchen and living room. However, when Paul does do housework, he does an excellent job.

At the start of the month Paul did not buy any food and spent his shopping money on takeaways. Paul was taking staff and other peers food and milk and spoken to about this. Paul has been told that if he does not start buying enough food to last him for the week, he will return to supervised shopping.

Paul is getting on a bit better with peer [REDACTED] but will still make the odd comment about the clothes peer [REDACTED] wears, staff have spoken to Paul about this and are monitoring this closely.

When Paul's friends are over Paul shows off and will make smart comments about peer [REDACTED] in the way he dresses and his living conditions. Paul will also point out that he thinks he is top dog in the house, staff have spoken to Paul on a few occasions about this and reminded him about the house rules.

Paul has a good relationship with peer [REDACTED] and will share things with him, however has led peer [REDACTED] into the same living conditions and routine as him.

Short Term Goals

For Paul to get into a better sleep pattern.

To respect other peers.

To stop cooking during the night.

To make more of an effort in cleaning the house.

To get enough food in to last him the week and stop taking from other peers and staff.

To behave when his friends are in the house.

Paul still continues to sleep most of the day and stay up late at night, Paul has had some issues regarding coming home at a reasonable time at night sometimes under the influence of alcohol, throwing stones at other peers window for them to let him in and also being verbally abusive towards staff and other peers, Paul has received a written warning about this.

Paul sometimes needs to be reminded to clean up after himself, as he often leaves cups and dinner plates in the kitchen and living room. However, when Paul does do housework, he does an excellent job.

Paul is still making the odd smart comment about the way peer [REDACTED] dresses and showing off in front of his friends, staff is monitoring this very closely.

31/10/05

Paul is on supervised shop, as he isn't buying any food for to last him for a week, he is spending his shopping money on takeaways, alcohol and cigarettes

Short Term Goals

For Paul to get into a better sleep pattern.

To respect other peers.

To stop cooking during the night.

To make more of an effort in cleaning the house.

To get enough food in to last him the week and stop taking from other peers and staff.

To behave when his friends are in the house.

Paul Hepburn Living skills November 2005

Housework

Paul will clean the house but when it suits him, when asked to do it he sometimes refuses, usually most of the mess is down to Paul i.e.: leaving dishes in the livingroom, clothes lying on the dinning table, plates and cup lying in the sink.

Paul's bedroom is a mess this month and staff has asked Paul to tidy it up and to take his cups and glasses down to the kitchen but Paul still hasn't done this.

Sleeping Patterns

Paul still continues to stay up very late at night knowing he has work in the morning.

Budgeting

Paul still cant manage to budget his money, when he gets paid from his boss he tends to spend all his money at the weekend and has nothing left for during the week so he will ask [REDACTED] for a loan of money so as he can buy cigarettes.

House Rules

Paul continues to break the house rules by staying out after 11:00pm, cooking very late on at night, very loud when watching T.V when staff and other peers are trying to sleep, still continues to throw stones at peer [REDACTED] window for him to get up and let Paul in the house and not tidying up after himself.

Living Skills Paper Work

Paul still hasn't completed his housing application staff are constantly asking Paul to do this, he also hasn't brought back his application for his passport from his mum house.

Laundry

Paul is very good at washing, drying and ironing his clothes he doesn't have to be asked. Paul has co-operated well by not doing his laundry after 11:00pm.

Shopping

Paul has been on supervised shop all this month due to him not doing any grocery shopping and spending his money on takeaways of stealing staff and other peers food.

Short Term Goals

For Paul to complete his housing application form and send it off ASAP.

For Paul to get to bed at a reasonable time at night when he has work in the morning.

Medium Term Goals

For Paul to tidy up after himself

For Paul to get enough food to last him the week.

Long Term Goals

For Paul to budget his money better,

Paul Hepburn Living skills December 2005

Housework

Paul will clean the house but when it suits him, when asked to do it he sometimes refuses, usually most of the mess is down to Paul i.e.: leaving dishes in the livingroom, clothes lying on the dinning table, plates and cup lying in the sink.

Paul's bedroom is still in a mess and staff has asked Paul to tidy it up and to take his cups and glasses down to the kitchen but Paul still hasn't done this.

Sleeping Patterns

Paul still continues to stay up very late at night knowing he has work in the morning.

Budgeting

Paul still cant manage to budget his money, when he gets paid from his boss he tends to spend all his money at the weekend and has nothing left for during the week so he will ask [REDACTED] for a loan of money so as he can buy cigarettes.

House Rules

Paul has improved this month he has been coming home before 11:00pm some night he has stayed in but Paul still continues to cook after 11:00pm, and watch T.V till early hours in the morning.

Living Skills Paper Work

Paul isn't keen in completing paper work, he has left it up to staff to complete his housing application forms also Paul has been reminded on a few occasions to return his passport application form from his mum so as staff can send it off.

Laundry

Paul is very good at washing, drying and ironing his clothes he doesn't have to be asked. Paul has co-operated well by not doing his laundry after 11:00pm.

Shopping

Paul has been on supervised shop all this month due to him not doing any grocery shopping and spending his money on takeaways and stealing staff and other peers food.

Short Term Goals

For Paul to get to bed at a reasonable time at night when he has work in the morning.

Medium Term Goals

For Paul to tidy up after himself

For Paul to get enough food to last him the week.

Long Term Goals

For Paul to budget his money better.