

Example Careplan for Ali

- **Ali, use “her” or “she”, “them or “they”**
- She has been with services for 5 years
- She works as an illustrator – work is important to her
- She lives with her partner Joe – sig support (anchor)
- Ali Caribbean heritage and culture are very important to her
- She has a large extended family, who she considers a source of support
- To relax she listens to music (classical), she likes to go to the opera or theatre with her partner.
- Drawing is really important to her

Crisis

- Described as “Not in good place”
- Thinking about not being good enough. Shouldn’t be around any more
- May be other punishing thoughts
- Feeling heavy and hot
- Will sometimes rock to soothe herself
- Describes feeling out of control
- Can be ‘harsh’ with partner and others but needs to vent
- Persistently feeling out of control might result in self harm.

Risk

- Ali has previously self harmed when feeling out of control
- Usually when Joe / support is not available
- Self-harm is cutting wrists
- Is able to manage at home
- Joe finds this distressing and would benefit from support / carers support

Care coordinator

- Ali manages really well. Has supportive job / relationship
- Important to ensure any medication is maintained as it might be first thing that slips – esp. when Ali is busy / things are going well
- Referral to psychology around anxiety would be really helpful

Psychiatric liaison

- Ali will attend alone / sometimes with partner (Joe)
- Joe is a very sig support for Ali – important to contact him or keep him updated
- Ali may struggle to listen but important to let her vent to get things off her chest
- Ali benefits from seeing a single person – sensitive to feeling crowded, which she finds invasive and was traumatised by this experience
- Important for Ali is that she is heard, “being on the same page / same road”. She often calms down if she feels heard
- Sometimes worth waiting for Joe to arrive before making decisions / assessing
- If Ali is waiting offer her pad / pen so she can sketch

Admission

- Ali partner is important sense of support
- Despite supportive family she does not want them to know about admissions
- Encourage Ali to draw – link her up with OT
- Values classical music – so ensure she has access to this