

I-CAN Individual Support Needs Report (Confidential)

Name: Nicola Green
Address: 101 Sunshine Ave
Glebe, NSW, 2037
Email: nicola.green@example.com
Phone: 9099 9876
DOB: 01/01/2001
Date of interview: 06/13/2019
Facilitator: Sarah Wagstaff
Nicola, Craig Templeton
(Manager at Good Life Refuge),
Participants: Luna Robinson (Psychologist)

Reason for Assessment

Nicola is applying for the NDIS and wants an assessment that captures her support needs across all life domains.

About Me

Nicola is a fiercely loyal and determined young woman who loves spending time with her friends. She also loves listening to music and exploring the outdoors.

Current Life Situation

Nicola is currently living in a refuge. Previous to this, Nicola was being admitted to hospital regularly due to suicide attempts. Many of these attempts occurred after arguing with her parents who are not supportive of her coming out as gay earlier this year. Nicola is graduating from high school at the end of this year and is excited about new prospects, but also concerned about losing the only consistent thing in her life at the moment.

I Can Contribute

As mentioned, Nicola is very loyal to her friends and will give a lot of her time supporting others emotionally.

Long Term Goals, Dreams & Aspirations

Nicola would like to establish a sharehouse with her friends and live with more independence and certainty.

Assessment Observations

Nicola participated well in the assessment and was very open about her experiences and what supports her best.

Support Network

Nicola is supported by the school counsellor and welfare teacher at her high school, her psychologist who she sees weekly, her FACS case worker and the Good Life Refuge.

Disabilities

Major Depressive Disorder
Panic Disorder

Results

Statistical Summary

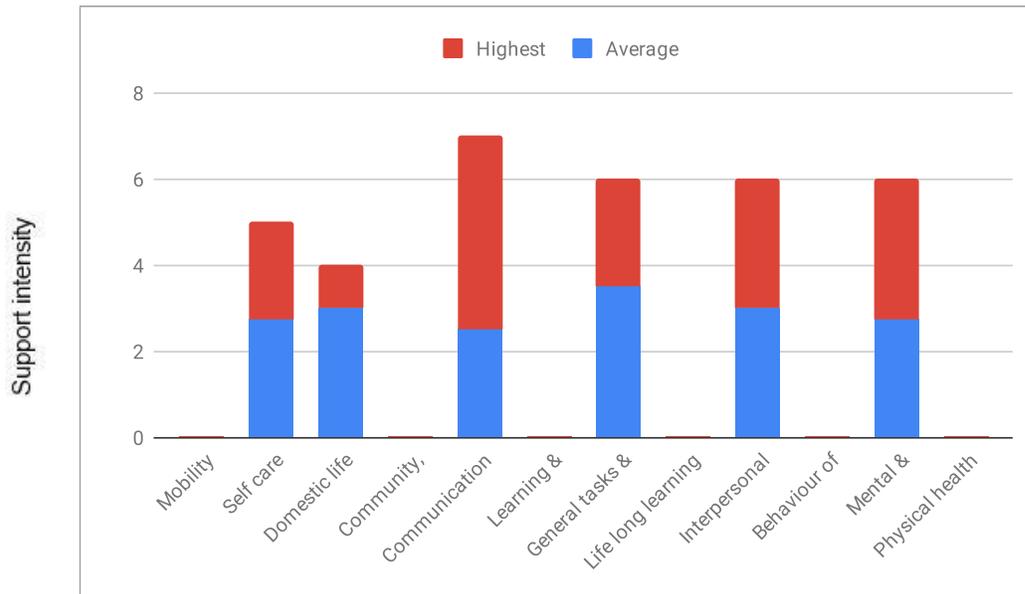


Figure 1. Highest and Average Support Intensity

Rating Scales

Frequency of Support

5 Continuously
4 Frequently
3 Daily
2 Weekly
1 Occasionally
0 Never

Level of Support

5 Pervasive
4 Extensive
3 Moderate
2 Minor
1 Managed
0 Independent

Combined Support Intensity

10 Continuous/ Pervasive
8 Frequent/ Extensive
6 Daily/ Moderate
4 Weekly/ Minor
2 Occasional/ Managed
0 No support

Questions in the I-CAN are rated using two 0-5 point scales. The Frequency of Support scale asks how often support is needed. The Level of Support scale asks how much support is needed. These two scales are added to give a 0-10 Combined Support Intensity scale. Figure 1 shows the average support intensity within each domain in blue. The highest support intensity gained on any item is also displayed in red.

Support Needs Breakdown- Activities & Participation

Mobility

Nicola is a very independent traveller and is able to navigate new routes via public transport using her phone. She sometimes requests or accepts lifts from inappropriate people which puts her in danger, but this issue is covered in 'Safety & risk of abuse' below.

Domestic life

Nicola would like to develop the skills that would enable her to live independently in a sharehouse with her friends.

Shopping

3. Daily

1. Managed

Nicola can shop by adding ingredients to her online Coles account shopping list automatically when she looks up recipes on Taste.com. She has a time set in her weekly schedule to conduct a 'Click and collect' to pick up her orders, but sometimes needs a verbal reminder to go.

Cooking

3. Daily

1. Managed

Nicola has learnt the basic skills to cook familiar and new recipes she finds on Tase.com. She will occasionally watch a Youtube video on how to conduct a technique she is not familiar with.

Cleaning & domestic tasks

3. Daily

1. Managed

Nicola needs daily reminders and encouragement to maintain basic cleanliness around the house, particularly when is depressed. When she is ill, Nicola has the most energy in the morning, and can clean up dishes from the night before then. It is beneficial for Nicola to get into a habit of cleaning up every morning so she does not become overwhelmed by the job.

Nicola is saving up for a clothes dryer for when she moves out because she does not think she can independently put clothes on the line and remember to take them down when she is depressed. She finds using a dryer much more doable.

Self Care

Eating & drinking

1. Occasionally

4. Extensive

When Nicola is experiencing a depressive episode, she will often reduce eating significantly. When this occurs, Nicola needs support to compile a list of 'special' meals which she can choose from, which are prepared for her. When depressed, Nicola does not have the physical energy or motivation to prepare food and this is the only strategy that has worked to support Nicola to maintain a healthy weight while mentally ill.

If she was experiences a depressive episode while living independently, Nicola's strategy will be to order food via an app such as UberEats.

Personal care

1. Occasionally

2. Minor

When Nicola is having a depressive episode, she needs reminders and encouragement to maintain basic personal care such as showering, washing her hair and wearing clean clothes.

Dressing

1. Occasionally

2. Minor

Nicola sometimes needs a reminder to cover any fresh cuts due to self harming behaviour, as this is a requirement of going to school.

Community, social & civic life

Nicola has a strong social network and spends a lot of leisure time in the community spending time with friends.

Money & economic life

0. Never

0. Independent

Nicola currently manages her own finances, but would like support budgeting for living independently.

Community, social & civic life goal:

1. Occasionally

4. Extensive

Start Date: 06/13/2019

Review date: 07/13/2019

To be able to pay for living independently.

Nicola will develop a budget for living independently with her FACS case worker and review it once a month as her needs change. Luna will check in to see how the process is going.

Community, social & civic life goal:

1. Occasionally

4. Extensive

Start Date:

06/13/2019

Review date:

07/13/2019

To connect with a queer youth group to feel more connected with the LGBTQIA+ community.

Craig to support Luna to visit Twenty10, view the premises and find an appropriate social group for her.

Communication

Expressing basic communication

1. Occasionally

2. Minor

Nicola has excellent social skills, but can be non-responsive when feeling low. It is best to leave her alone until she is feeling more communicative, as otherwise Nicola gets very frustrated and it can make the period of non-responsiveness longer.

Feelings & emotions

3. Daily

4. Extensive

Nicola is still learning the names for some of her experiences. She is currently working on identifying the differences between 'panic' and 'overwhelmed', and 'anxiety' and 'stress' during her weekly sessions with Luna. Nicola has different strategies to put into place according to which feeling she is experiencing, so when Nicola appears distressed it is helpful to ask her to identify what she's feeling.

Learning & applying knowledge

Nicola is an excellent learner when she is motivated and energised. Taking time for self care are the only strategies working for Nicola in this domain when she is experiencing an episode.

General tasks & demands

Daily routines

3. Daily

1. Managed

Nicola has a schedule in her room with set tasks and space for spontaneous events. This helps her have structure for tasks that maintain her wellness including keeping on top of chores and exercising regularly. She refers to this schedule daily and updates it weekly.

Manage medication

2. Weekly

2. Minor

Nicola is currently supervised to take her medication as she has lied about taking it in the past.

Safety & risk of abuse

2. Weekly

4. Extensive

Nicola sometimes requests or accepts lifts from inappropriate people which puts her in danger. She does this because of the low cost and convenience, and does not believe it puts her at risk. Nicola says that she has reduced the amount of lifts she accepts since her Centrelink payments increased and she can afford Uber. Ongoing work with Luna is required to support Nicola to understand the dangers imposed by riding with intoxicated drivers or much older men.

Life long learning

Nicola currently works at a fast food restaurant several times a week. She was able to obtain without support.

Interpersonal interactions & relationships

Manage relationships

2. Weekly

4. Extensive

Nicola values her friendships and can maintain healthy boundaries with her friends when she is supported to understand what is acceptable and unacceptable behaviour from a friend. She is still working on this with Luna.

Intimate & dependent relationships

2. Weekly

4. Extensive

Nicola has had numerous intimate relationships in the past, but is currently single. As with friendships, Nicola requires support to understand what is reasonable to expect from a partner and avoid feeling responsible for the happiness of someone else.

Mental & emotional health

Mood

2. Weekly

4. Extensive

Nicola sometimes engages in self-harming behaviour when her mood is low. Access to sharps is managed at the refuge and in Nicola's school, but she is able to obtain sharps from the community, particularly by removing the blade from pencil sharpeners. Nicola and Luna are working on a safety plan so that Nicola can live in a sharehouse with unrestricted access to sharps.

Anxiety

3. Daily

2. Minor

Nicola has a lot of strategies to use when she is feeling highly anxious or having a panic attack. Staff can support Nicola by giving her space, including if she expresses that she needs to leave a situation because she is getting too anxious.

Overall level of support needed:

Mild- person only needs up to drop in support a few times daily

Requirement: Intermittent

Availability: Inconsistent or Unstable

Circle of Supports & Support Services

Psychologist

2. Weekly

Nicola says that her weekly appointments with Luna help her 'get through the week'. Nicola reports that her mental health has been a lot better since she started seeing Luna.

Social worker

2. Weekly

Nicola's FACS case worker provides a lot of practical support to Nicola and helps her to develop life skills.

Friend

0.Never

Nicola gets a lot of support, particularly emotional support, from her friends.
