

Protected: Personal Care Plan Template

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My Personal Plan

A Structured Care Plan for Service Users with Complex Care Needs

This care plan is designed to provide person-centred support for individuals with complex care needs in homecare and care home settings. It encompasses the Activities of Daily Living (ADLs) and other critical areas, ensuring compliance with Scottish legislation and guidelines.

Personal Information

Full Name: _____

Date of Birth: _____

Address: _____

Adult with incapacity	Yes	No
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Adult with incapacity Review

DNACPR status	Yes	No
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DNACPR status Review

Power of Attorney	Yes	No
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Power of Attorney Review

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MEDICAL CONDITIONS

ALLERGIES

Palliative Performance Scale (PPS)	MUST SCORE		
FLUID RESTRICTION	YES	NO	L =

What Matters to Me

This section reflects the individual's personal values, preferences, life history, and aspirations, helping ensure that care is truly person-centred, even when complex medical needs are present.

Notes

What do they enjoy? [e.g. morning walks, Sunday church service, listening to radio dramas, quiet afternoons]. What do they value [e.g. independence, privacy, family connection, being in nature, daily routines, their pet cat, etc.]. They would like to [e.g. remain at home, maintain mobility, continue family visits, manage their own medication where possible].

Summary of What Matters

Their preferred name is _____

They enjoy _____

They value _____

They would like to _____

Likes and Preferences

Likes	Details
Foods	
Music	
TV/Radio	
Sensory	
People/Company	
Environment	

Dislikes

Dislikes	Details
Foods	
Environment	

Routines	
Activities	

Hobbies and Interests Before Condition

Hobby/Activity	Details

Aspirations and Interests Despite Limitations

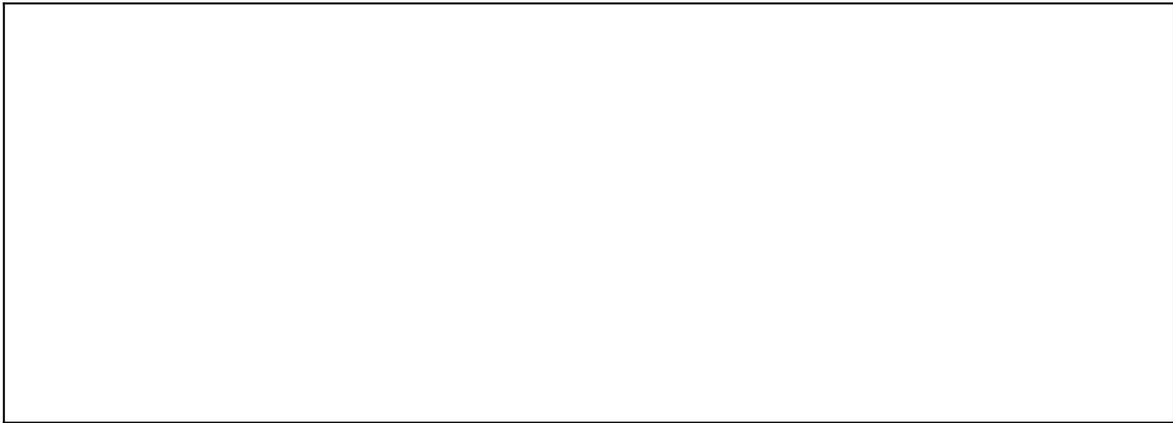
Despite current health challenges, [Individual's Name] would still like to:

- _____
- _____
- _____

1. Mobility

Risk Assessment Summary:

Desired Outcome:

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Plan to Achieve Outcome:

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Complex Needs:

A large, empty rectangular box with a thin black border, intended for writing complex needs.

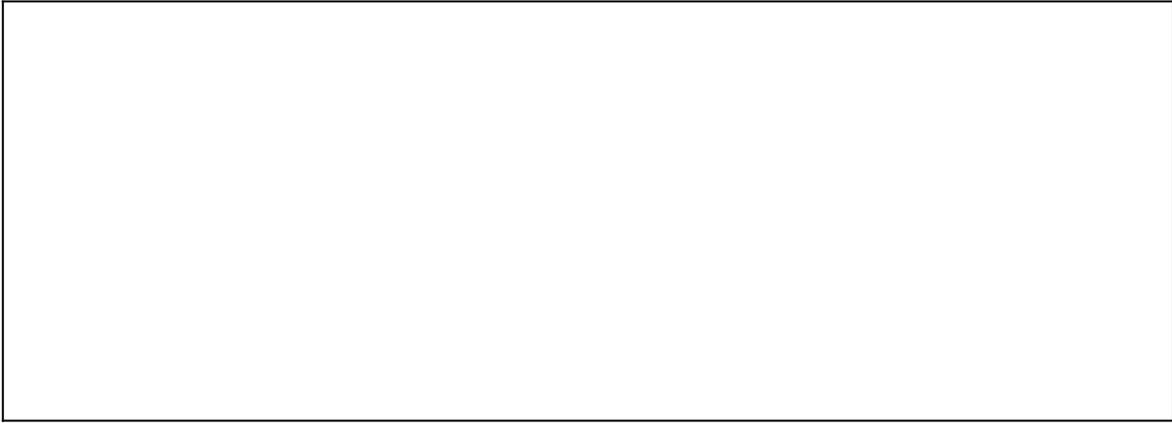
2. Nutrition and Hydration

Risk Assessment Summary:

Desired Outcome:

Plan to Achieve Outcome:

Complex Needs:

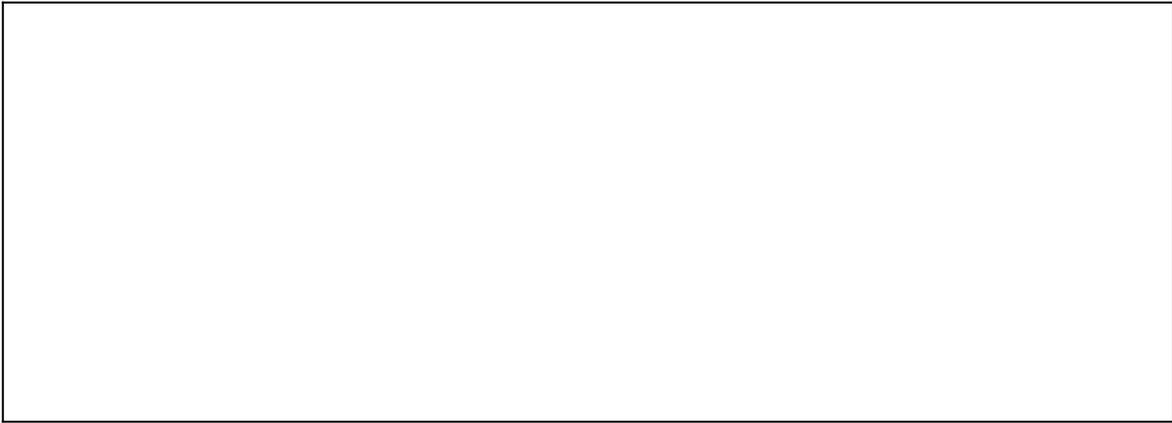
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3. Personal Hygiene

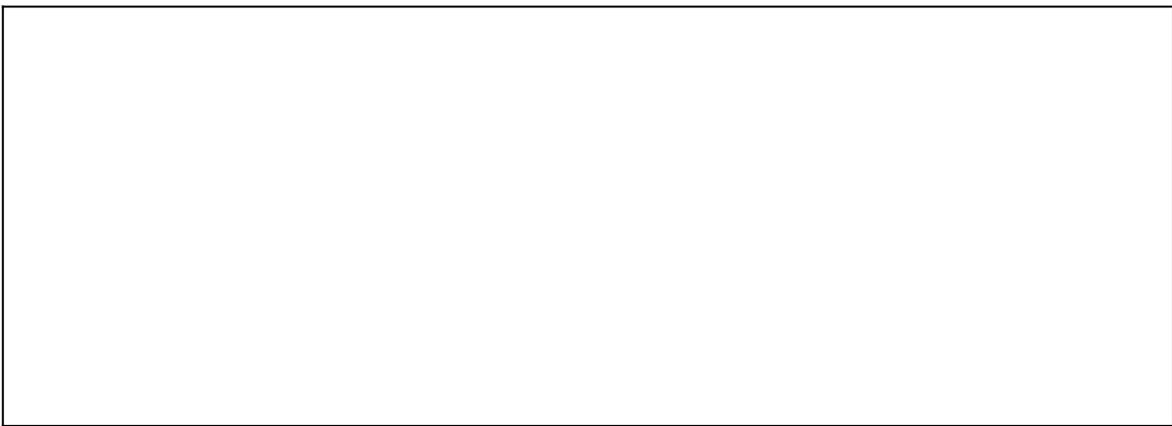
Risk Assessment Summary:

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Desired Outcome:

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Plan to Achieve Outcome:

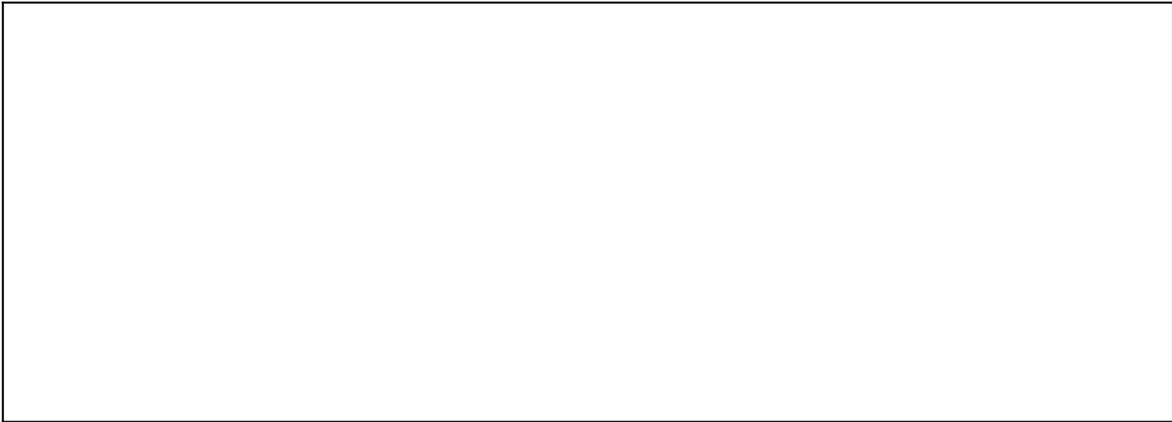
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Complex Needs:

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4. Medication Management

Risk Assessment Summary:

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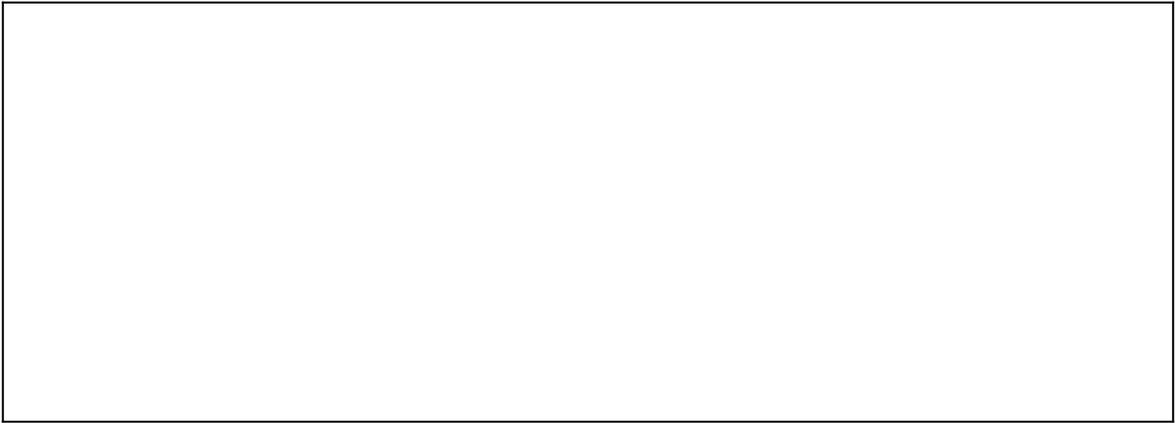
Desired Outcome:

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Plan to Achieve Outcome:

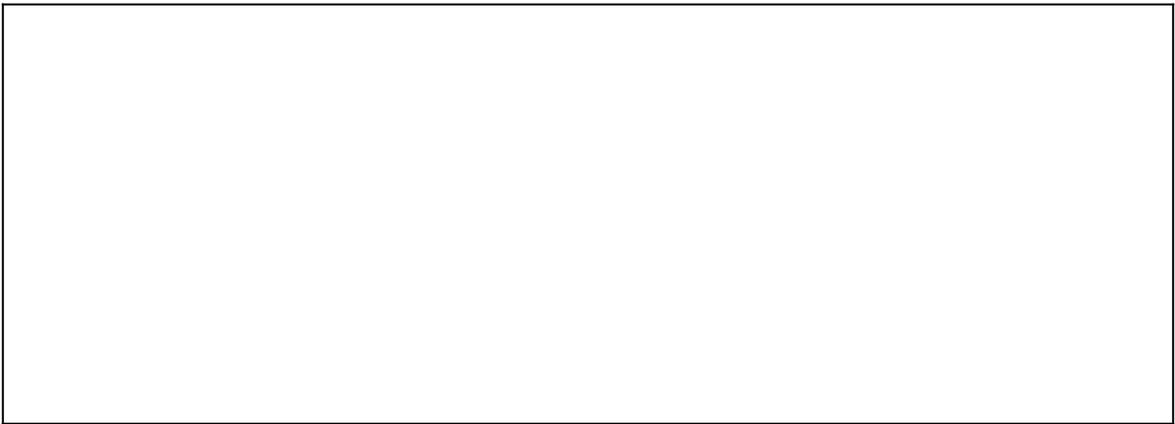
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Complex Needs:



5. Mental Health and Emotional Well-being

Risk Assessment Summary:



Desired Outcome:



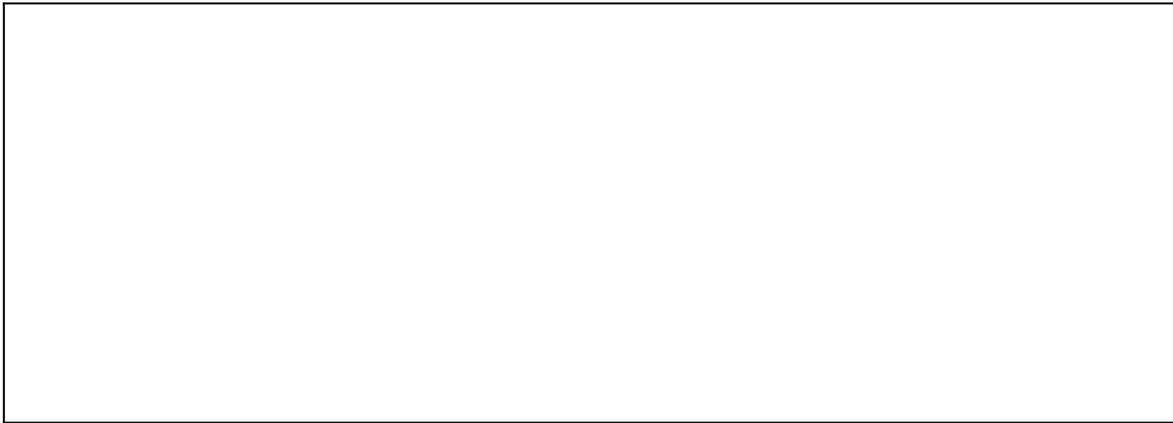
Plan to Achieve Outcome:

Complex Needs:

6. Continance & Elimination Care

Risk Assessment Summary:

Desired Outcome:

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Plan to Achieve Outcome:

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Complex Needs:

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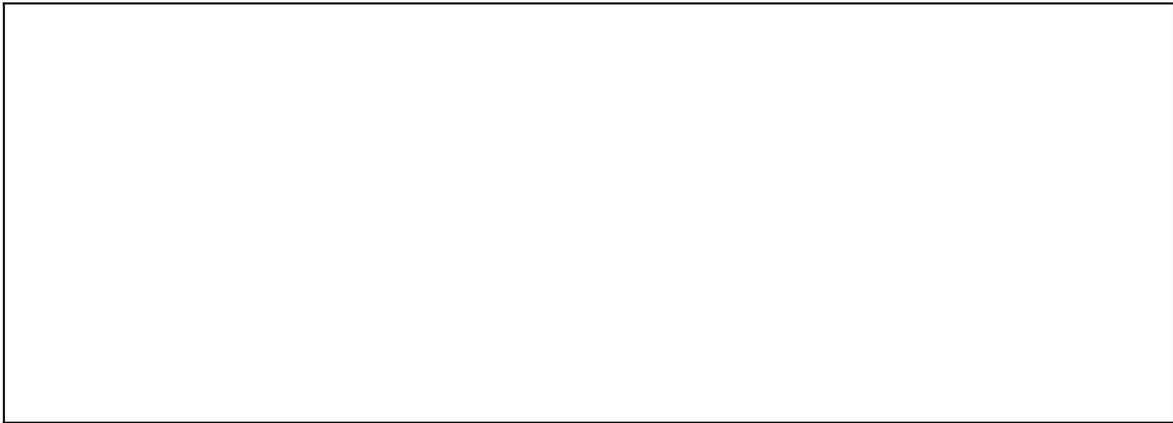
7. Sleep and Rest

Risk Assessment Summary:

Desired Outcome:

Plan to Achieve Outcome:

Complex Needs:

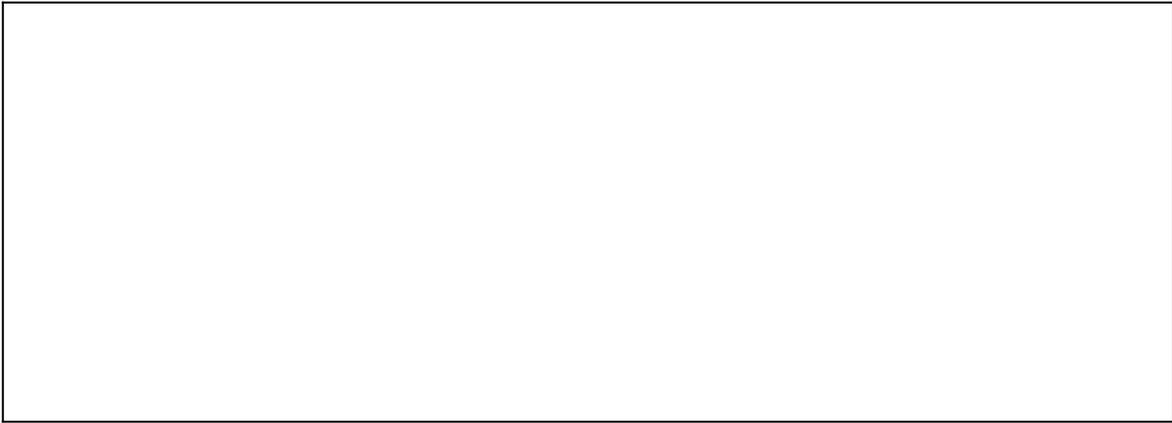
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8. Pain Management

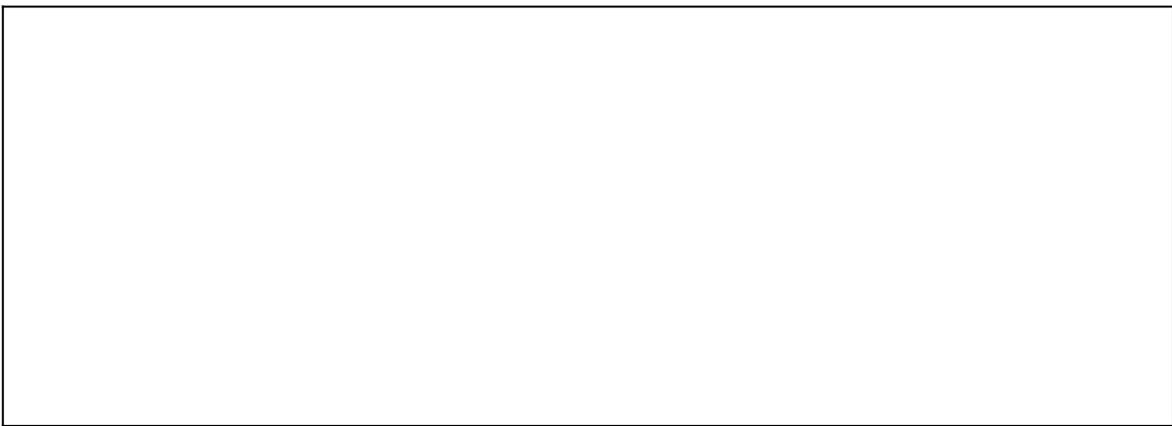
Risk Assessment Summary:

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Desired Outcome:



Plan to Achieve Outcome:

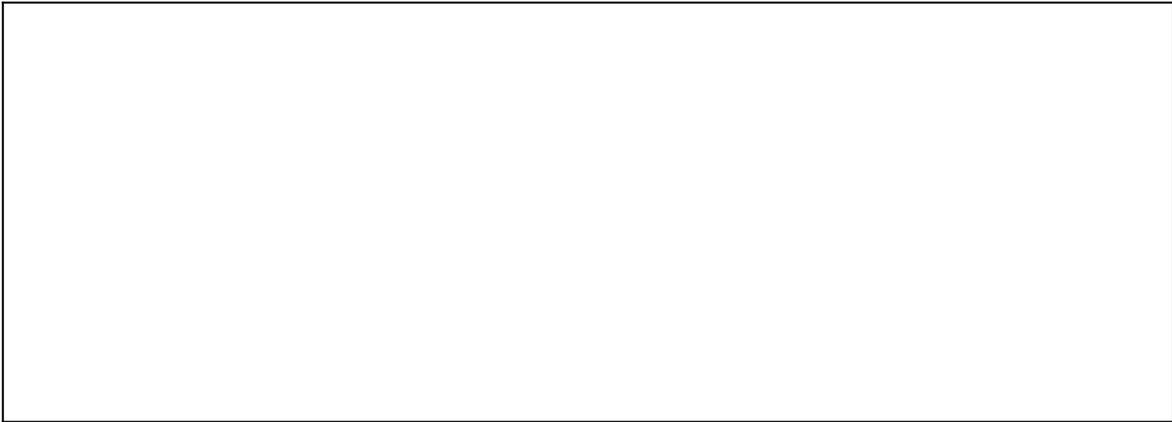


Complex Needs:



9. Social & Recreational Activities

Risk Assessment Summary:

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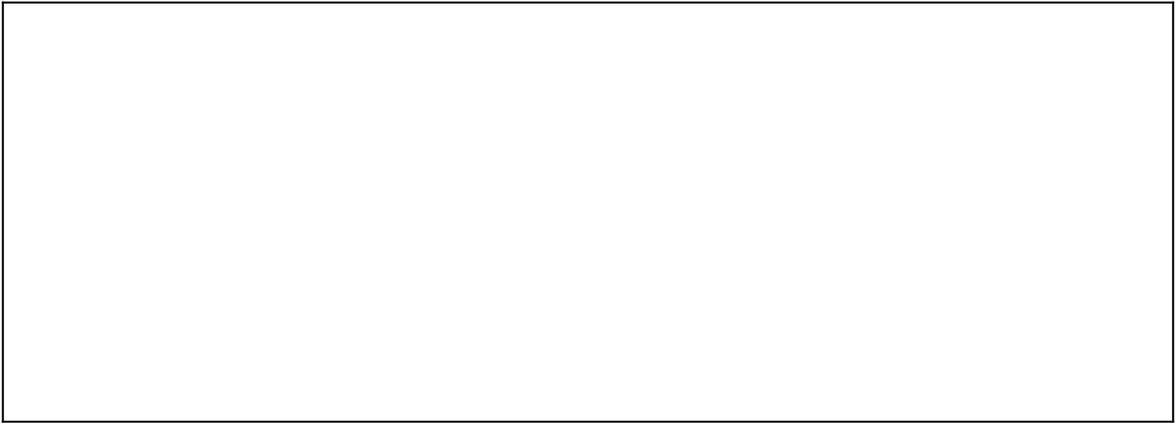
Desired Outcome:

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Plan to Achieve Outcome:

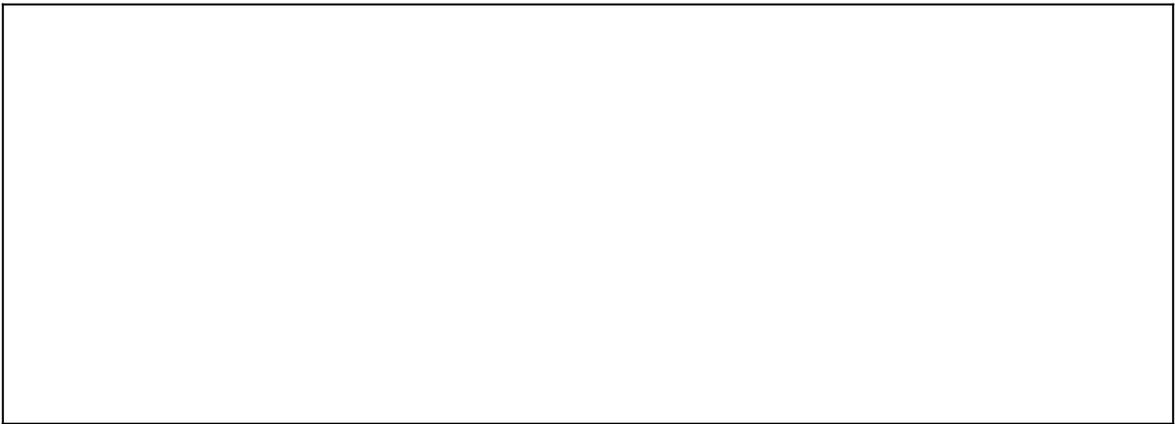
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Complex Needs:



10. Safety & Risk Management

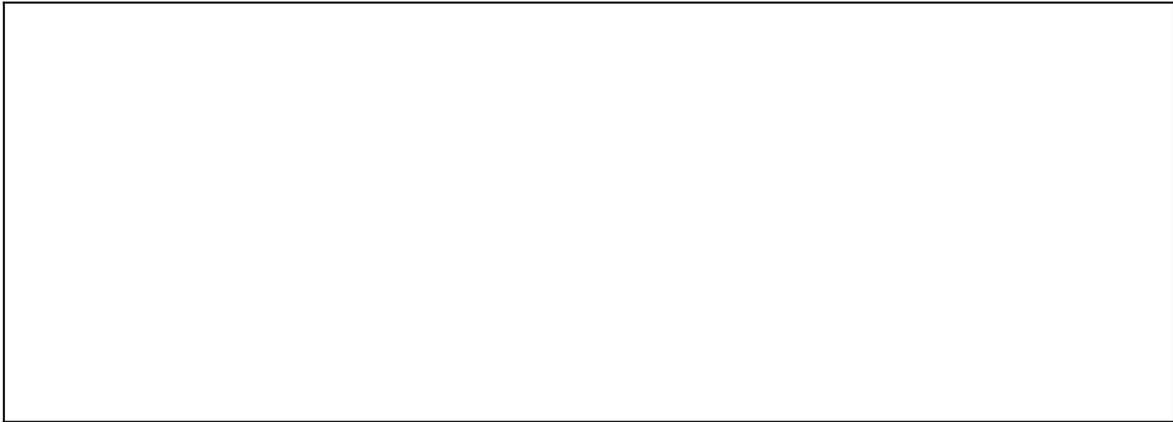
Risk Assessment Summary:



Desired Outcome:



Plan to Achieve Outcome:

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Complex Needs:

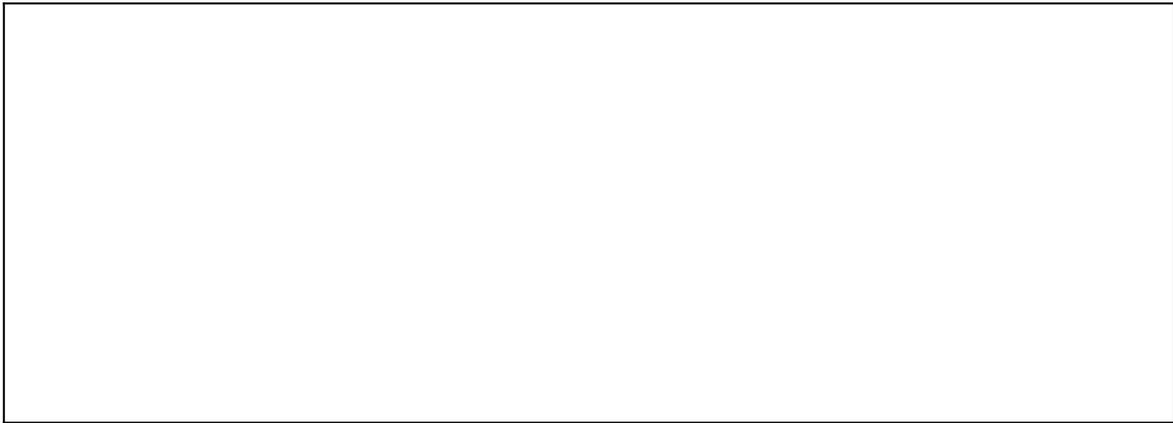
A large, empty rectangular box with a thin black border, intended for listing complex needs.

11. Palliative & End-of-Life Care

Risk Assessment Summary:

A large, empty rectangular box with a thin black border, intended for summarizing the risk assessment.

Desired Outcome:

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Plan to Achieve Outcome:

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Complex Needs:

A large, empty rectangular box with a thin black border, intended for writing complex needs.

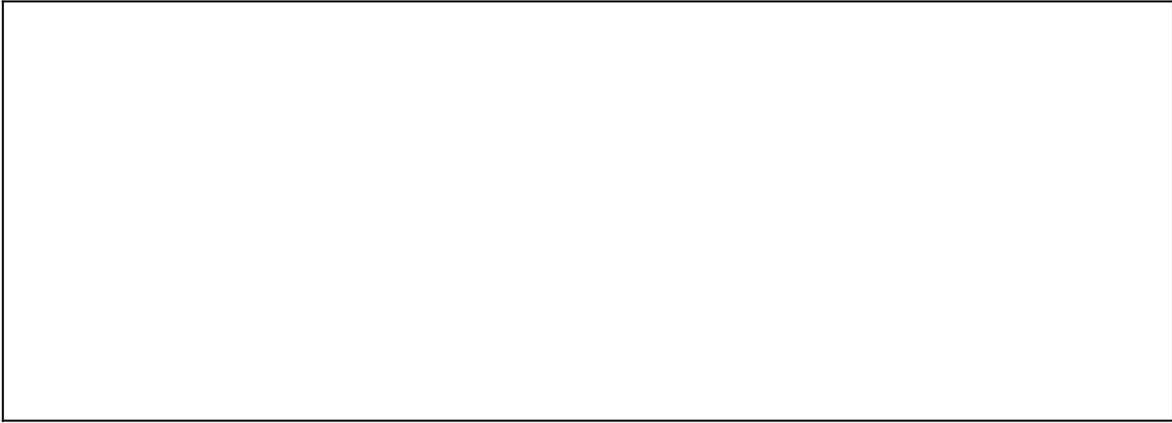
12. Pressure Area Care & Skin Integrity (SSKIN Bundle)

Risk Assessment Summary:

Desired Outcome:

Plan to Achieve Outcome:

Complex Needs:

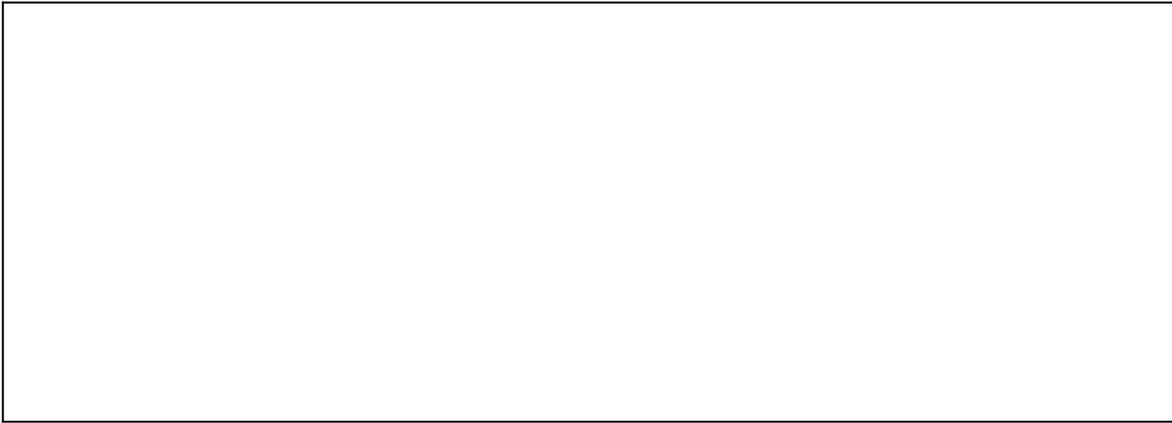
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13. Breathing

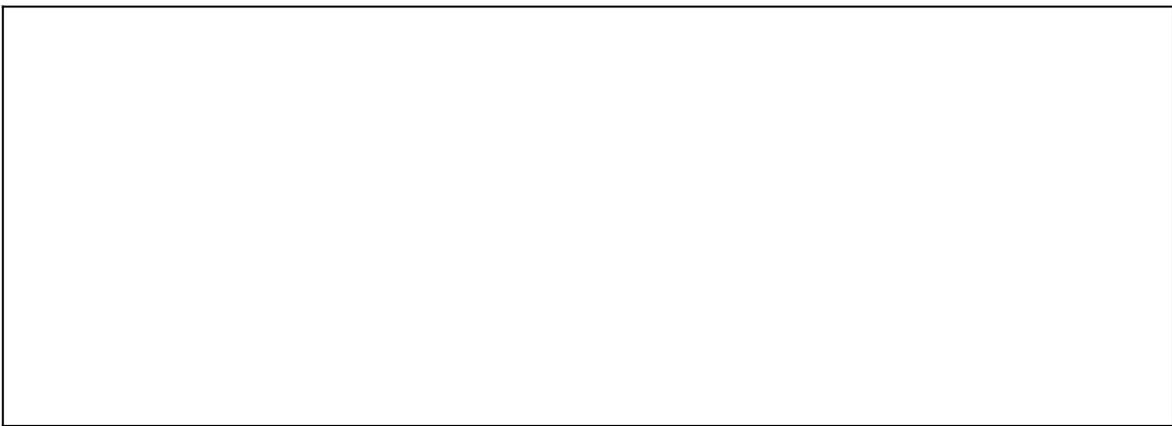
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Plan to Achieve Outcome:

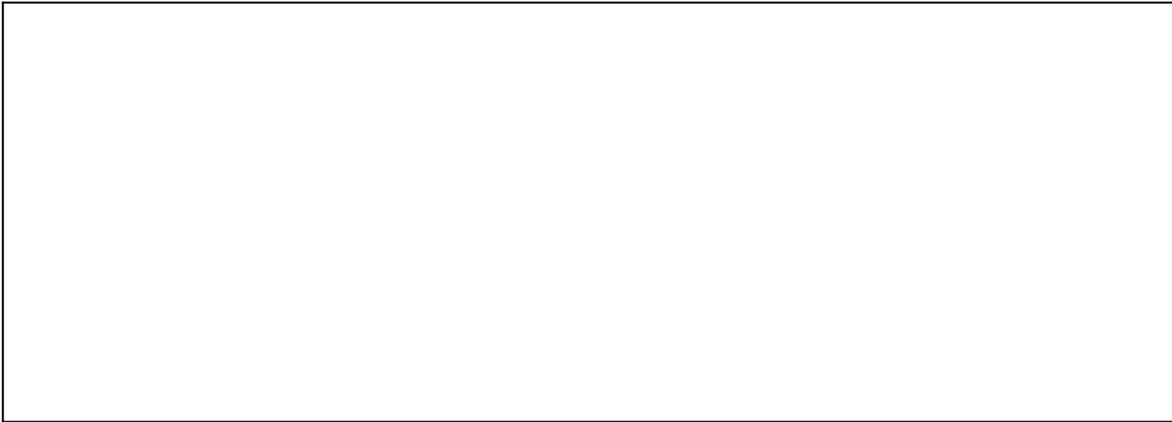
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Complex Needs:

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14. Communication

Risk Assessment Summary:

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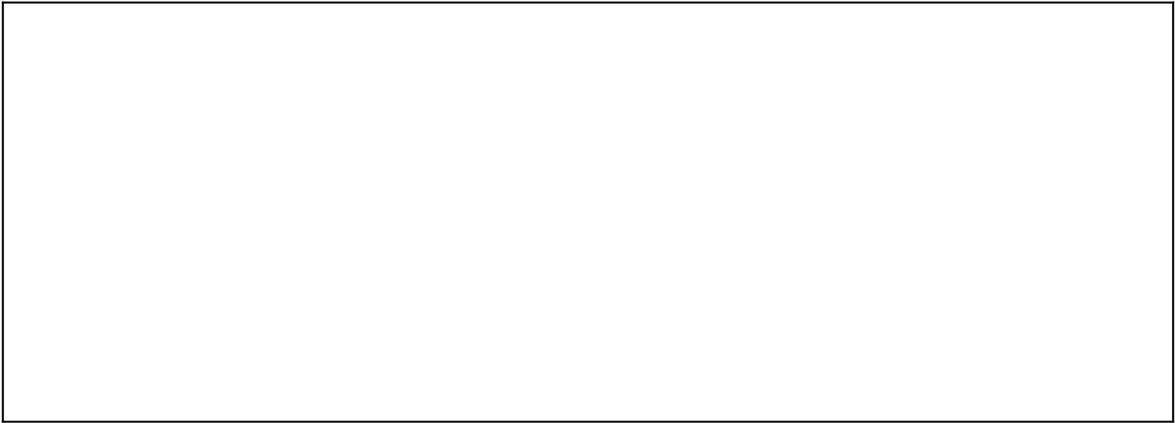
Desired Outcome:

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Plan to Achieve Outcome:

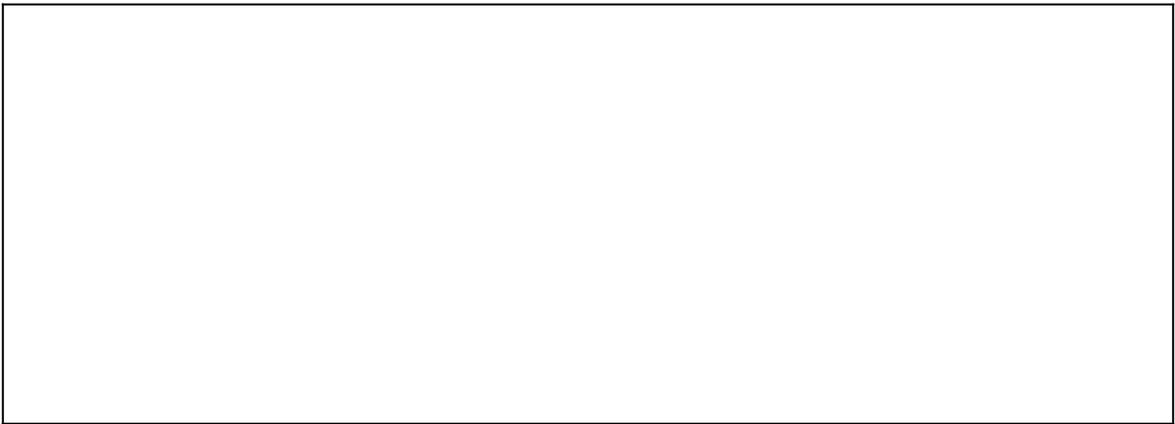
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Complex Needs:



15. Expressing Sexuality

Risk Assessment Summary:



Desired Outcome:



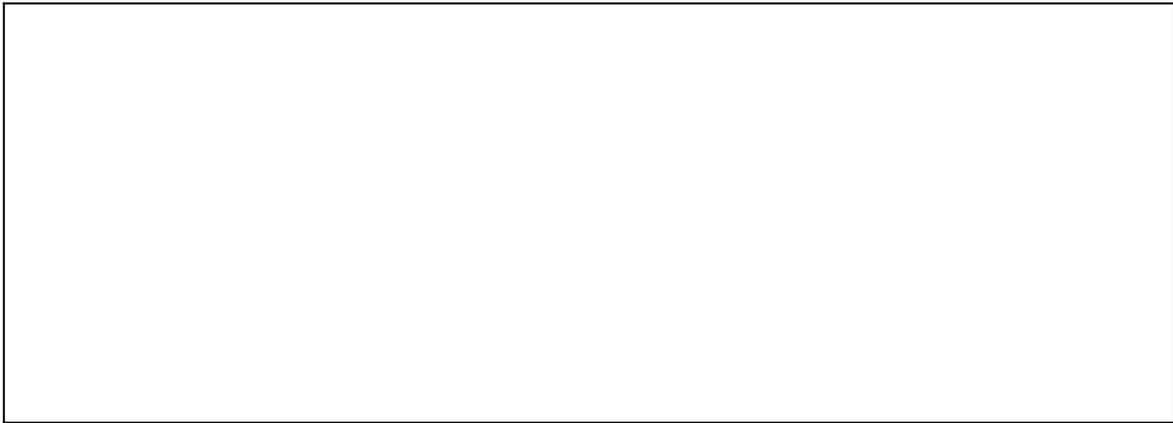
Plan to Achieve Outcome:

Complex Needs:

16. Religion & Culture

Risk Assessment Summary:

Desired Outcome:

A large, empty rectangular box with a thin black border, intended for writing the desired outcome.

Plan to Achieve Outcome:

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Complex Needs:

A large, empty rectangular box with a thin black border, intended for writing complex needs.

Review and Evaluation

This plan will be reviewed:

- At least **every 6 months**
- **Immediately** following any significant change in health, preferences, or support needs

Signatures

Name	Role	Signature	Date
[Individual's Name]	Person receiving care		
[Key Worker / Nurse]			
[Family Representative]			