



RECREATIONAL THERAPY TREATMENT PLAN

CLIENT NAME: DOE, JANE
DATE OF BIRTH: 01/01/2001

LAST REVISION: 08/01/2023
REVIEW DATE: 08/01/2024

Assessment Write-Up: Jane still lives at home c her parents and sister at 123 W 123 N, Franklin, IN 46131. Tina Doe is the legal guardian and rep-payee for Jane. Jane has the following family pets: dog named Rufus. Jane receives case management services from Audrey Dean of IPMG. Jane also receives Behavior Therapy from Dessra Spoon through Insights Consulting. Jane's interests include crafting and selling her items at booths and events, thrifting, and watching movies. Jane has a membership to Beeson Hall to workout. Jane desires to improve her strength and improve self-advocacy when she is feeling tired. Jane has improved speaking up for herself independently without needing prompts to tell others when she is tired. Jane ambulates independently. Jane uses her wheelchair at times for long days, such as going to amusement parks, but feels embarrassed from past experiences using it. Jane uses me, her parents, her sister, and her friends for transportation. Jane has taken driving courses and is working on getting her license. Jane does not have any risk plans and does not have a history of aggressive behaviors. Jane has a nurse come weekly for infusions for her port. CTRS administered the FACTR-R assessment. Jane scored 9/11 physically, 8/11 cognitively, and 10/11 socially/emotionally. PN: 1.) Increase physical fitness 2.) Improve communication. -----
-----*Staff Name:* C.T.R.S. 08/21/2023.

Assessment Write-Up: Jane still lives at home c her parents and sister at 123 W 123 N, Franklin, IN 46131. Tina doe is the legal guardian and rep-payee for Jane. Jane has the following family pets: dog named Rufus. Jane does not currently attend any school. Jane receives case management services from Audrey Dean of IPMG. Jane also receives Behavior Therapy from Dessra Spoon through Insights Consulting. Jane's NOA assigns 624 units between the months of 03/01/2022-02/28/2023. Jane's interests include crafting and selling her items at booths and events, thrifting, and watching movies. Jane has a membership to Beeson Hall to workout. Jane desires to improve her strength and improve self-advocacy when she is feeling tired. Jane has improved speaking up for herself independently without needing prompts to tell others when she is tired. Jane communicates verbally and independently. Jane ambulates independently. Jane uses her wheelchair at times for long days, such as going to amusement parks. Jane uses me, her parents, her sister, and her friends for transportation. Jane has taken driving courses and is working on getting her license. Jane does not have any risk plans and does not have a history of aggressive behaviors. CTRS administered the FACTR-R assessment. Jane scored 9/11 physically, 7/11 cognitively, and 10/11 socially/emotionally. PN: 1.) Increase physical fitness 2.) Improve communication. -----
-----*Staff Name:* C.T.R.S. 08/21/2022.

Assessment Write-Up: Jane still lives at home c her parents and sister at 123 W 123 N, Franklin, IN 46131. Tina doe is the legal guardian and rep-payee for Jane. Jane has the following family pets: dogs named Rufus and Maddie. Jane does not currently attend any school. Jane receives case management services from Audrey Dean of IPMG. Jane also receives Behavior

Therapy from Dessra Spoon through Insights Consulting. Jane also has another Recreational Therapist. Jane's interests include crafting and selling her items at booths and events, thrifting, and watching movies. Jane has a membership to Beeson Hall to workout. Jane desires to improve her strength and improve self-advocacy when she is feeling tired. Jane communicates verbally and independently. Jane ambulates independently. Jane uses her wheelchair at times for long days, such as going to amusement parks. Jane uses me, her parents, her sister, and her friends for transportation. Jane does not have any risk plans and does not have a history of aggressive behaviors. CTRS administered the FACTR-R assessment. Jane scored 9/11 physically, 7/11 cognitively, and 10/11 socially/emotionally. PN:1) Increase physical fitness 2) Improve communication. -----*Staff Name*; C.T.R.S. 08/21/2021.

Assessment Write-Up: Jane Miller, 120522106099, is a SWF c DOB of 01/01/2001. Jane's PCISP lists dx. of Auto Immune Disorder c secondary dx. Of Borderline intellectual functioning. Jane becomes fatigued very easily and tends to become "loopy" as she states it when fatigued. Jane is A+O x3. Jane lives at home c her mother, father, and younger sister at 123 W 123 N, Franklin, IN, 46131-6910. Tina doe is the rep payee for Jane. Jane has the following family pets: two dogs that are kept outside, multiple goats and chickens that Jane shows in the fair. Jane was homeschooled for part of high school and currently creates signs and crafts for boutiques, as well as resales items for income. Jane receives case management services from Audrey Dean of IPMG. Jane also receives Behavior Supports from Insights and RETH from Pure Abilities. Jane's NOA assigns 144 units between the months of 12/1/2019-02/29/2020. Jane's interests include crafts, shopping for items to resale, tinseling hair, and taking care of her animals. Jane participates in the fair, showing her animals, during the summer. Jane has a membership to the Franklin Rec Center. Jane desires to improve her self advocacy. Jane communicates verbally. Jane ambulates independently majority of the time. Jane will use her wheelchair when she knows she will be walking a lot (i.e. amusement park or zoo) or when she is feeling extremely fatigued. Jane reports she does not like using her wheelchair but wants to learn how to use her power assisted wheelchair. Jane uses her parents and supports for transportation. Jane is in the process of obtaining her license. Jane's risk plans include behavior support plan. Jane has a history of being too trustworthy of other individuals and being easily manipulated. Jane has a tendency to not advocate for herself. CTRS administered the FACTR-R assessment. Jane scored 9/11 in physical, 8/11 in cognitive, 8/11 in social/emotional. PN: 1.) Individual will become more independent; 2.) Individual will increase self-advocacy. ---*Staff Name*; C.T.R.S. 08/21/2020.

Goals & Objectives

Goal 1.0: Individual will become more independent with CTRS ea session.

Objective 1.1: Jane will volunteer with CTRS at one business 1x month, setting up the session I.

Objective 1.2: Jane will create a meal plan, purchase foods, and make meal with CTRS 1x month.

Objective 1.3: Jane and CTRS will go over the driving exam material 1x month to continue to learn the material to take the driving exam again.

Goal 2.0: Individual will increase self-advocacy.

Objective 2.1: Jane will independently report when they are feeling fatigued to CTRS as needed ea session.

Objective 2.2: Jane will verbally state their choice in activity ea session with 1 prompt from CTRS

Objective 2.3: Jane will report when they are feeling uncomfortable with a situation 100% of the time when in the community with CTRS.

Recommended Activities and Tx Modalities: Based on the assessment, Janes' interests, and the goals and objectives, the following activities are recommended for treatment:

Self-advocacy training will help Jane to increase her independence as well as allow her to communicate when she is feeling fatigued and need to rest. This will allow her to take the rest that is needed and allow her to feel more energized majority of the time.

Social Skills Training. It will also help him learn how to positively adapt to various settings and change in an appropriate manner. Studies have shown the improvement in social skills will also help improve anxiety management, attention, and flexibility / transitions.

Activity and Modality References:

Goodley, D. (1997) Locating Self-advocacy in Models of Disability: Understanding disability in the support of self-advocates with learning difficulties, *Disability & Society*, 12:3, 367-379, DOI: 10.1080/09687599727227

Ladd, G. W., & Mize, J. (1983). A cognitive–social learning model of social-skill training. *Psychological Review*, 90(2), 127–157. <https://doi.org/10.1037/0033-295X.90.2.12>