

Task Ref:

**Individual program/Task description****Task Name: Preparing lunch****Programme / Activity / Task Description**

Preparing lunch or any kind of meal.

Task was identified by: Paula Fargas (PF)

What difference will this activity make to individual's life

- More independence
- Increased creativity
- More self-confidence
- Be proud of herself

Agreed outcomes (include areas of need being addressed)

- Health benefits (healthier food)

Duration of Programme / Task: 20 minutes**How will the task / programme be initiated**

Staff let IN know that it is time to cook by reminding her of the meal they had decided on beforehand. Staff indicate the next steps to IN

"Wash your hands".  
 "Remember that only one staff member can be in the kitchen with you"  
 "We're going to cook "x" "

**What indicates that the programme / Task is finished**

IN washing the dishes and going to the living room and have lunch.

What preparation is required by staff

**Individual's Name:** Israh Naeem

**Staff Sign & Date:** Paula Fargas 02/03/2021

(include detail relating to environment /equipment / resources)

Staff know in advance where the objects that can be dangerous for IN are and where most of the cooking utensils are placed, so that when cooking staff and IN are focused on one thing only. Staff also have decided with IN before start what they are going to cook.

<b>Individual's Name:</b>	Israh Naeem
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<b>Staff Sign &amp; Date:</b>	Paula Fargas 02/03/2021
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Task Ref:

**Individual program/Task description cont:****Task Name:**

Describe in detail how individual will be supported with this aspect of Independent Living

Staff will let IN enter the kitchen first, allowing their self to have the closest exit. Staff tell IN what food they need from the fridge and IN takes them out one by one and puts them on the kitchen counter. If any food needs to be cut, the staff is responsible for doing so. IN can participate in any action that does not involve chopping, baking, boiling or frying. IN can instead mix food, seasoning, apply sauces to the dish, choose which spices she wants... Staff tell IN what steps they are following all the time by prompting IN to feel involved with expressions such as "How do you see this?" "Do you think it lacks salt?" "Do you think we should leave it in the oven a little longer?"

IN cleans up anything used other than sharp objects when finished. Once the dishes are done, staff praise IN for her work.

It is important to make NI feel responsible for the result of cooking, making it easier for her to want to do it again next time and to feel more and more independent.

Does this specific programme require TASK Breakdown			
What records will be kept relating to programme		-Risk assessments for going to the shops -Daily log -Communication book.	
Recorded in support plan (enter section)		Risk Assessment in place (enter ref #)	

Individual's Name: Israh Naeem

Staff Sign & Date: Paula Fargas 02/03/2021



### Task Breakdown

Programme / Task			Date Commenced	
Date for Review			Task Ref Number	
Steps	Communication to be used	Staff support required	Key Points	

Individual's  
Name:

Staff Sign  
& Date:

Task Ref:

**Task breakdown recording****Task Name:**

Staff record in the space provided the input required for each step using the following key

**Key:**

I

Independent

P

Physical prompt

D

Dependent on staff to complete

V

Verbal Prompting

HH

Hand over Hand support

Date/Step																Independence Achieved/Date
1																
2																
3																
4																
5																

Individual's  
Name:Staff Sign  
& Date: