

Task Ref:

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

<u>Programme / Activity / Task Description</u>
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Walking around the park or wherever staff and IN have decided to go
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Task was identified by:
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Paula Fargas (PF)
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What difference will this activity make to individual's life
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- |   |
|---|
| <ul style="list-style-type: none"> <li>- Helps to lose weight.</li> <li>- Improves body posture, static balance, motor coordination</li> <li>- Reduces anxiety, stress, improves sleep and boost self-esteem</li> </ul> |
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Agreed outcomes (include areas of need being addressed)
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- |   |
|---|
| <ul style="list-style-type: none"> <li>- Improves spatial orientation</li> <li>- Helps to lose weight.</li> <li>- Prevents the onset of diseases</li> </ul> |
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<u>Duration of Programme / Task:</u>
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20 MINUTES
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<u>How will the task / programme be initiated</u>	<u>What indicates that the programme / Task is finished</u>
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<p>Staff tell IN that it is time to go for a walk. Before going for a walk, IN is usually watching TV so staff ask her to turn off TV. Through verbal prompting, staff indicate the next steps to IN</p>	
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"Put on your socks".	
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"Put on your shoes".	
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"Put on your jacket".	
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<p>If IN is unhappy about going for a walk, staff try to make her see the rewards she can have afterwards such as a delicious meal, a</p>	
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<u>What indicates that the programme / Task is finished</u>
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IN arrives at the flat and washes her hands.
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Individual's Name:
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Israh Naeem
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Staff Sign & Date:
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Paula Fargas 02/03/2021
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drink she likes, or whatever activity they have decided on beforehand to motivate her.

What preparation is required by staff

(include detail relating to environment /equipment / resources)

Staff tell IN what time they will go for a walk and where. Staff also tell IN what she is doing before and after going for a walk. IN usually wants to know if she is going for a long walk as she will usually take a position against doing so. Staff encourage IN to go for a long walk with verbal prompting such as "it's good for your health", "since you've been walking more you've lost weight!", "If we walk a bit we'll get to the park you like so much".

Individual's  
Name:

Israh Naeem

Staff Sign  
& Date:

Paula Fargas 02/03/2021

Task Ref:

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

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

Staff agree with IN the time to go for a walk and what route they are going to take. When it is time to leave, staff tells IN that it is time to go for a walk. They remind IN that she needs to put on her shoes and jacket. Staff also remind IN what they are going to do next. Once on the street, one staff member holds IN's hand and stays by her side until the walk is done. The other staff member stays behind as there is not enough room on the pavement for the three of them.

Staff try to keep IN active by chatting with her or commenting on anything they might see on the street. IN is curious and often asks what kind of buildings or what certain things she notices on the street are for. Encourage and engaged this type of conversation with IN so she is more certain that there is a world to explore outside their flat and that it is just as, if not more, interesting than staying at home. Staff try to keep IN's attention of IN all the time, praising her for her effort. IN may try to start a conversation with someone on the street, staff should be aware and analyse the moment, stop the conversation if it is being too intrusive or IN is disturbing that someone.

Just before reaching the flat, IN will ask one staff member to count to 20 so that she can hide with the other staff member (hide and seek).

Individual's  
Name:

Israh Naeem

Staff Sign  
& Date:

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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: