

## INDIVIDUALISED PLAN

**NAME SURNAME OF THE LEARNERS/CARE WORKERS**

### **Learners' Interests and passions emerged during the self-assessment**

- interested in healthy habits, she knew as to use the apps, exercises etc
- she likes to teach
- she likes to share what she know
- she likes socialise and she likes to do physical activities
- she likes to work in a professional way, without emotionally be involved

### **Individualised learning outcomes**

### **Planned activities in the host organisation - co-planning grid**

- *use a planning app daily*
- *remind the client to have daily exercise activities*
- *remind to put the e-watch on*
- *made it possible to download information about the exercise*
- *communicate the exercise performance to the family*
- *checking what he or she have eaten*
- *invite him to hydrate himself*
- *plan of other activities like clearing, play cards in real life, increasing this overtime*
- *giving information on serious to drink alcohol for a heart disease*