

DIAGNOSIS AS

NDIS Care Support Plan

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Client Information

Full Name:	Chrisopher Camara
Client ID:	CLT726301
NDIS Number:	111111
Date of Birth:	21/11/1997
Primary Diagnosis:	Borderline Personality Disorder
Plan Title:	Care Support Plan - Chrisopher Camara
Plan Status:	draft

About Me

Personal History

Christopher Camara is a 27-year-old individual with a primary diagnosis of Borderline Personality Disorder

This diagnosis can impact Christopher Camara's emotional regulation, interpersonal relationships, and self-image, which may influence daily interactions and activities

Based on his diagnosis, he will likely respond well to structured environments where he feels heard and has a sense of choice and control. Christopher Camara has expressed a strong preference for activities such as listening to music, shopping, making new friends, and dancing

These interests can be incorporated into support plans to enhance engagement and motivation

Due to the nature of the diagnosis, staff are encouraged to facilitate these activities in a manner that minimizes exposure to noise, as Christopher Camara has indicated a dislike for loud environments. Christopher Camara's documented NDIS goals include improving distress tolerance, enhancing speech clarity in both receptive and expressive skills, and accessing the community independently and safely

Support strategies should focus on providing opportunities for Christopher Camara to practice communication skills in a supportive setting, as well as developing coping mechanisms to manage distress effectively. It is important to ensure that Christopher Camara feels heard and involved in decision-making processes to prevent feelings of frustration associated with a lack of choice and control

By aligning support with Christopher Camara's preferences and goals, staff can contribute to a more positive and empowering experience.

Interests

Based on his diagnosis of Borderline Personality Disorder, Chrisopher Camara will likely respond well to engaging in music listening as a therapeutic activity, providing emotional regulation and a calming effect

Shopping outings can serve as a structured social activity, offering opportunities for positive interactions and decision-making

Social activities with friends can enhance his sense of belonging and support, fostering meaningful connections

Dancing opportunities can be particularly beneficial, allowing for physical expression and stress relief, while also promoting a positive mood

Integrating these interests into his care plan can support emotional stability and enhance overall well-being.

Preferences

Based on his diagnosis of Borderline Personality Disorder, Chrisopher Camara will likely respond well to engaging in music activities within quiet environments, allowing him to enjoy the experience without overwhelming noise

When shopping, providing choice-driven experiences will help him feel in control and satisfied

He may benefit from forming connections in small, intimate friend groups where he feels heard and valued

Structured dance activities can offer a sense of stability and enjoyment

It is important to avoid noisy settings and ensure Chrisopher has control over decisions to enhance his comfort and engagement in these activities.

Strengths

Based on his diagnosis of Borderline Personality Disorder, Chrisopher Camara will likely respond well to strength-based approaches that leverage his social abilities and creative interests

His enjoyment of making friends and dancing can be utilized to foster positive social interactions and build supportive relationships

His interest in music provides a creative outlet for emotional expression and regulation

Additionally, his independence in shopping demonstrates practical life skills that can be further developed to enhance his autonomy

His ability to clearly communicate preferences is a valuable strength that can be used to advocate for his needs and preferences in therapeutic settings.

Challenges

Based on his diagnosis of Borderline Personality Disorder, Chrisopher Camara will likely respond well to structured environments that minimize noise, as noise sensitivity can exacerbate distress

Providing choices and fostering a sense of control can help mitigate feelings of being overwhelmed, aligning with his goal to improve distress tolerance

Ensuring that Chrisopher feels heard and understood is crucial for enhancing his speech clarity in both receptive and expressive skills

These strategies will support his ability to access the community independently and safely, as they address core challenges related to his diagnosis and personal goals.

Family Background

Information about family background was not provided in Christopher Camara's profile

Only emergency contact information is available: xyz.

Cultural Considerations

Based on his diagnosis of Borderline Personality Disorder, Christopher Camara will likely respond well to approaches that emphasize clear, consistent communication and provide opportunities for him to express his preferences

Ensuring that he has a voice in his care decisions can enhance his sense of autonomy and stability

Utilizing active listening techniques and validating his feelings can help build trust and rapport

Providing structured choices and predictable routines may also support his need for control and reduce anxiety

Tailoring interactions to his communication style and preferences will be crucial in fostering a supportive and effective therapeutic environment.

Goals & Outcomes

Goal Category	Details
Long-Term Goals (6-12 months)	- Chris will likely respond well to personalized support in developing daily routines to enhance his functional independence.
	- Chris will likely respond well to structured communication therapy sessions to enhance his communication capabilities.
Short-Term Goals (3-6 months)	- Based on his diagnosis, Chris may benefit from participating in social skills training to improve his interpersonal interactions.
	- Chris will likely respond well to assistive technology aimed at supporting communication and daily living activities.
Medium-Term Goals (3-6 months)	- Based on his diagnosis, Chris may benefit from engaging in cognitive exercises designed to improve focus and attention.
	- Chris will likely respond well to personalized support in developing daily routines to enhance his functional independence.
Long-Term Goals (6-12 months)	- Chris will likely respond well to personalized support in developing daily routines to enhance his functional independence.
	- Chris will likely respond well to structured communication therapy sessions to enhance his communication capabilities.

Personal Care

Christopher Camara, diagnosed with Borderline Personality Disorder, requires specific support in his activities of daily living (ADLs) to enhance his quality of life and ensure his preferences are respected

Christopher can manage his personal hygiene routine with support

Based on his diagnosis, he will likely respond well to structured prompting and visual cues to maintain consistency in his hygiene practices

Staff should provide reminders and gentle encouragement to initiate and complete tasks such as bathing, brushing teeth, and grooming

Visual schedules or checklists may be beneficial to help Christopher track his progress and maintain a sense of accomplishment. In the area of shopping, Christopher requires assistance

Due to the nature of his diagnosis, staff are encouraged to accompany him during shopping trips to provide guidance and support

It is important to ensure that Christopher feels heard and has a sense of choice and control during these activities

Staff should facilitate decision-making by offering options and allowing Christopher to express his preferences

This approach will help mitigate his aversion to a lack of choice and control. Christopher enjoys music, making new friends, and dancing, which can be integrated into his support plan to enhance motivation and engagement

For instance, playing music during tasks or incorporating social interactions can make activities more enjoyable and less stressful for him

Christopher dislikes noise, so it is crucial to create a calm and quiet environment during support activities to prevent distress

Staff should be mindful of the noise levels and make necessary adjustments to ensure a comfortable setting for Christopher. Overall, the support strategies for Christopher should focus on providing structured guidance, promoting choice and control, and creating a supportive environment that aligns with his preferences and aversions

By doing so, staff can effectively assist Christopher in managing his ADLs while respecting his individual needs and preferences.

Mobility

Christopher Camara, diagnosed with Borderline Personality Disorder, requires specific support in his activities of daily living (ADLs) to enhance his quality of life and ensure his preferences are respected

Christopher can manage his personal hygiene routine with support

Based on his diagnosis, he will likely respond well to structured prompting and visual cues to maintain consistency in his hygiene practices

Staff are encouraged to provide gentle reminders and establish a routine that incorporates Christopher's preferences, such as playing music during these activities to create a calming environment

This approach may help mitigate any aversions to noise and ensure that Christopher feels a sense of choice and control over his routine. In terms of shopping, Christopher requires assistance

Due to the nature of his diagnosis, staff should focus on providing support that emphasizes choice and control, as these are significant preferences for Christopher

When accompanying him on shopping trips, it is beneficial to engage him in decision-making processes, allowing him to select items and make choices about purchases

This can be facilitated by offering options and encouraging Christopher to express his preferences, ensuring he feels heard and respected. Christopher's enjoyment of music and dancing can be integrated into his daily activities to enhance motivation and engagement

For instance, incorporating music into meal preparation or cleaning tasks may increase his willingness to participate in these activities

Staff should consider using music as a motivational tool, aligning with Christopher's interests and promoting a positive atmosphere. Overall, the support strategies for Christopher should focus on providing structured guidance while respecting his need for autonomy and choice

By incorporating his preferences and dislikes into the support plan, staff can create an environment that is both supportive and empowering for Christopher.

Structure & Routine

Day	Time	Activity Description	Category	Priority
Tuesday	10:51-10:51	'p GENERAL WRITING STYLE - Clinical - Objective - Direct - No asterisks, emojis, or markdown - Maximum: 400 words per section		medium
		This section must provide clear, practical support guidance for staff — with content tailored to the client's documented diagnosis and preferences.		
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Communication Support

Receptive Strategies

Christopher Camara's communication support plan should be tailored to his diagnosis of Borderline Personality Disorder and his NDIS goals, which include improving distress tolerance and enhancing speech clarity in both receptive and expressive skills

Based on his diagnosis, Christopher may benefit from structured communication strategies that provide clear, consistent, and supportive interactions. Christopher's receptive communication skills are noted to be good, indicating that he can understand and process information effectively when it is presented clearly

Therefore, staff should focus on ensuring that instructions and information are delivered in a straightforward and concise manner

It is important to minimize background noise during communication, as Christopher has a documented aversion to noise, which could hinder his ability to focus and process information. For expressive communication, Christopher requires support

Based on his diagnosis, he will likely respond well to environments that encourage open expression without pressure

Staff should provide ample time for Christopher to articulate his thoughts and feelings, using active listening techniques to ensure he feels heard

This aligns with his dislike of not being heard and his need for choice and control in communication settings. To further support Christopher's expressive skills, staff can incorporate music and dance into communication activities, as these are among his documented preferences

Engaging in these activities may facilitate more comfortable and natural expression

Additionally, when discussing topics or making decisions, offering Christopher choices can enhance his sense of control and engagement in the conversation. Staff should also be mindful of Christopher's goal to access the community independently and safely

Communication strategies should include teaching and reinforcing skills that promote safe and effective interactions in community settings

This may involve role-playing scenarios or practicing communication in controlled environments before transitioning to real-world situations. Overall, the communication support plan for Christopher Camara should emphasize clarity, consistency, and a supportive environment that respects his preferences and sensitivities

By aligning communication strategies with his diagnosis and goals, staff can effectively support Christopher in achieving improved communication outcomes.

Expressive Strategies

Christopher Camara's communication support plan should focus on enhancing his expressive communication skills while considering his documented diagnosis of Borderline Personality Disorder and his specific sensitivities

Based on his diagnosis, he may benefit from structured communication strategies that provide clarity and predictability, which can help manage distress and improve his expressive skills. To support Christopher's goal of improving speech clarity in receptive and expressive skills, staff are encouraged to use clear, concise language and provide ample time for him to process information and respond

Due to the nature of his diagnosis, it is important to maintain a calm and supportive environment, minimizing noise and distractions, as Christopher has a documented aversion to noise

This will help him focus on the communication task at hand. Christopher's preference for having choice and control should be respected by offering him options during interactions, allowing him to feel heard and valued

Staff should actively listen to Christopher and validate his feelings, which can help reduce feelings of distress and frustration associated with not being heard. Incorporating Christopher's interests, such as music and dancing, into communication activities may enhance engagement and motivation

For example, using music as a medium for expression or incorporating rhythm and movement into speech exercises could be beneficial

Additionally, when discussing topics of interest like shopping or making new friends, staff should encourage Christopher to express his thoughts and preferences, providing positive reinforcement to build his confidence in communication. To further support Christopher's goal of accessing the community independently and safely, staff should focus on developing his ability to communicate effectively in various settings

Role-playing different scenarios and practicing communication strategies in a controlled environment can prepare him for real-world interactions. Overall, the communication support strategies for Christopher should be tailored to his individual needs, focusing on enhancing expressive skills while considering his sensitivities and preferences

By providing a supportive and structured environment, staff can help Christopher achieve his communication goals and improve his overall quality of life.

Behaviour Support

Behaviour: Verbal Outburst

Description: Aggressive verbal out burst

Triggers: Lack of choice and control

PROACTIVE STRATEGIES - Prevention & Early Intervention

Christopher Camara's behaviour support plan should be tailored to his diagnosis of Borderline Personality Disorder and his documented triggers and preferences

Based on his diagnosis, he may benefit f...

REACTIVE STRATEGIES - Immediate Response During Behavior

Christopher Camara's behaviour support plan should be tailored to his diagnosis of Borderline Personality Disorder and his documented triggers and preferences

Based on his diagnosis, he may benefit f...

PROTECTIVE STRATEGIES - Post-Behavior Safety & Recovery

Christopher Camara's behaviour support plan should be tailored to his diagnosis of Borderline Personality Disorder and his documented triggers and preferences

Based on his diagnosis, he may benefit f...

Behaviour: Property damage

Description: breaks cars

Triggers: Overstimulation

PROACTIVE STRATEGIES - Prevention & Early Intervention

Christopher Camara's behaviour support plan should be tailored to his diagnosis of Borderline Personality Disorder and his documented triggers and preferences

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REACTIVE STRATEGIES - Immediate Response During Behavior

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Based on his diagnosis, he may benefit f...

Disaster Management

Emergency Category	Procedures & Details
Medical Emergencies	<p>1. Immediate Assessment: Check for responsiveness and breathing. Call for medical assistance.</p> <p>2. First Aid: Provide basic life support, including CPR and first aid for injuries.</p> <p>3. Triage: Prioritize patients based on the severity of their condition.</p> <p>4. Transport: Prepare for transport to the nearest medical facility.</p>
Fire Incidents	<p>1. Evacuation: Initiate the fire evacuation protocol, ensuring all personnel are accounted for.</p> <p>2. Fire Containment: Use fire extinguishers to contain the fire if safe to do so.</p> <p>3. Fire Alarm: Activate the fire alarm system to alert all occupants.</p> <p>4. Fire Report: Report the fire to the fire department and provide details of the incident.</p>
Security Incidents	<p>1. Threat Assessment: Identify the nature and potential impact of the security threat.</p> <p>2. Lockdown: Implement a lockdown procedure to secure the facility.</p> <p>3. Communication: Maintain clear communication with law enforcement and internal security.</p> <p>4. Investigation: Conduct a thorough investigation into the incident after it has been resolved.</p>

Fire/Bushfire

Preparation: aredness:**

Based on his diagnosis, he may benefit from a structured and detailed emergency | Evacuation: aredness:**

Based on his diagnosis, he may benefit from a structured and detailed emergency | Post-Event: aredness:**

Based on his diagnosis, he may benefit from a structured and detailed emergency | Client Needs: aredness:**

Based on his diagnosis, he may benefit from a structured and detailed emergency

Mealtime Management

Risk Category

Management Strategies & Requirements

Emergency Procedures

Based on Christopher's diagnosis of borderline personality disorder, he may benefit from structured and supportive mealtime management to ensure safety and promote a positive eating experience. Here are some practical guidelines:

Eating Support:

- **Consistent Mealtime Routine:** Based on his diagnosis, Christopher will likely respond well to a predictable and consistent mealtime schedule. This can help reduce anxiety and provide a sense of stability.
- **Calm Environment:** Creating a calm and distraction-free environment during meals can help Christopher focus on eating and reduce stress.
- **Positive Reinforcement:** Encouraging and acknowledging positive eating behaviors can be beneficial. This might include verbal praise or a simple gesture of approval.

Dietary Considerations:

- **Balanced Diet:** Ensuring a balanced diet with a variety of nutrients can support overall mental health. Based on his diagnosis, Christopher may benefit from meals that include lean proteins, whole grains, fruits, and vegetables.
- **Hydration:** Encouraging regular fluid intake is important. Offering water or other non-caffeinated beverages can help maintain hydration without increasing anxiety.

Safety Protocols:

- **Choking Prevention:** Based on his diagnosis, Christopher may benefit from supervision during meals to ensure safe eating practices. This includes encouraging him to chew food thoroughly and eat slowly.
- **Food Texture:** Offering foods that are easy to chew and swallow can reduce the risk of choking. Soft, moist foods are generally safer options.
- **Emergency Plan:** Having a plan in place for choking emergencies is crucial. This includes knowing the Heimlich maneuver and having emergency contact numbers readily available.

Mealtime Strategies:

- **Mindful Eating:** Encouraging Christopher to practice mindful eating can help him become more aware of his hunger and fullness cues. This involves focusing on the taste, texture, and aroma of the food.
- **Portion Control:** Serving appropriate portion sizes can prevent overeating and help manage weight, which can be beneficial for mental health.
- **Social Interaction:** Based on his diagnosis, Christopher may benefit from shared mealtimes with supportive individuals, which can provide a sense of connection and reduce feelings of isolation.

By implementing these strategies, Christopher can have a safer and more enjoyable mealtime experience, which can positively impact his overall well-being.

Review & Summary

- Plan Created: 18/07/2025
- Plan Status: draft
- Last Updated: 22/07/2025
- Total Sections: 9
- Completion Status: In progress