\*\*SOAP Note for Patient R.T.\*\*  
  
\*\*Subjective (S):\*\*  
R.T., a young adult, participated in an interview to discuss her needs related to scheduling and reminders. R.T. uses both a physical wall calendar and an iPhone scheduling app to manage her appointments. She emphasizes the importance of double scheduling as a strategy to reinforce her commitments. R.T. typically sets alarms 45 minutes to an hour before appointments, such as physical and speech therapy sessions, to allow time for preparation and coordination with her parents, who assist with transportation. She also mentioned the necessity of preparing for social outings and responsibilities, like visiting financial institutions and maintaining a regular skincare routine. R.T. expressed a preference for visual and auditory reminders and has a specific goal related to initiating conversations, reflecting her rehabilitation progress in communication skills.  
  
\*\*Objective (O):\*\*  
- \*\*Technology Tools Used:\*\* iPhone scheduling app (Apple Calendar), physical wall calendar for reinforcement.  
- \*\*Reminder System:\*\* Utilizes phone alarms, Alexa reminders, and verbal prompts from family members for various tasks.  
- \*\*Therapy Sessions:\*\* Regular speech and physical therapy sessions scheduled.  
- \*\*Appointments:\*\* Includes a mix of in-person and virtual therapies, social engagements, and financial management tasks.  
- \*\*Social and Therapeutic Goals:\*\* Emphasizes social interaction, conversation initiation, and financial independence as areas of focus.  
  
\*\*Assessment (A):\*\*  
R.T. demonstrates effective use of compensatory strategies by employing multiple scheduling tools to manage her appointments and responsibilities. This approach helps her maintain a structured routine essential for her rehabilitation process. She exhibits awareness of her needs for reminders in various contexts, suggesting a proactive engagement in her therapy and daily life management. Her strategy of visual and auditory cues, alongside family support, plays a crucial role in accomplishing her daily tasks and therapy goals.   
  
\*\*Plan (P):\*\*  
1. \*\*Suggestions for Increased Independence:\*\*  
 - Recommend exploring the use of voice-activated personal assistants, such as Alexa, to provide more independence in managing daily tasks and reminders.  
2. \*\*Therapeutic Engagement:\*\*  
 - Continue regular speech and physical therapy sessions while focusing on conversation initiation and social interaction skills.  
3. \*\*Enhancement of Skills:\*\*  
 - Strengthen financial management capabilities through planned visits to financial institutions, aiming for greater independence in financial tasks.  
4. \*\*Home Exercise Program:\*\*  
 - Practice using Alexa or phone reminders for daily routines: skincare, physical preparation for therapy sessions, and setting social goals.  
5. \*\*Clinical Follow-up:\*\*  
 - Schedule regular follow-up sessions to assess progress in utilizing technology for scheduling and evaluate the achievement of her therapy and personal goals.  
  
R.T. and her family are encouraged to maintain this structured routine, incorporating technology to support her therapy progress and daily functioning. Future sessions will aim to develop strategies that enhance her autonomy and social interaction capabilities.