

Sample notes:

1600 - RH, mum and sister are well. RH looks good, bright eyed and writing her menu out on the laptop. Good job, looks professional and RH will print out to have a new daily menu with its own 'check' box.

Mum and staff had a handover in second lounge.

We had a catch up, played outside on the swings. RH very relaxed and casually chatting about morning routine. Positive structure she wants to put in place.

1730 - Had tea time pills. (sighted) Showered. A little bit of anxiety in asking mum about food portions. Ensuring it is similar to the hospital etc however, she is hungry and excited for the pulled pork. Distracted her by going upstairs to fix her hair and to show me her new bedroom as tea would be ready about 1745hrs. Room looks amazing with a massive table to do her crafts.

1750 - RH having meal with her mum and dad. No TV, sludge or laptop, just happy to chat with parents.

Pulled pork, Mixed veges, Vegetable soup

Finished her meal followed by bowl of ice cream. Really enjoyed the meat.

RH offered to do dishes and tidy kitchen which she did.

Couple of occasions RH enquired about tomorrow's menu /foods and activities she's excited about in future. Slight anxiety around this and mum reminding her to keep to basics, still early days. AM accepted this.

Crystal art. Getting tired/sleepy.

1915 - Supper yoghurt/couple biscuits without complaint.

Drinking water through out.

1930 - Shift ends

Remember:

- Always used initials of young person
- Your notes should reflect your day and account for what someone was doing in any moment of that
- If there is an incident you also need to report that on an incident form
- If medication is refused it must be documented
- behavioral concerns and strategies used in response
- Any phone calls
- Any concerning conversations they have had
- You can also add anything else you are concerned about in the lower section of the notes.