



Case study

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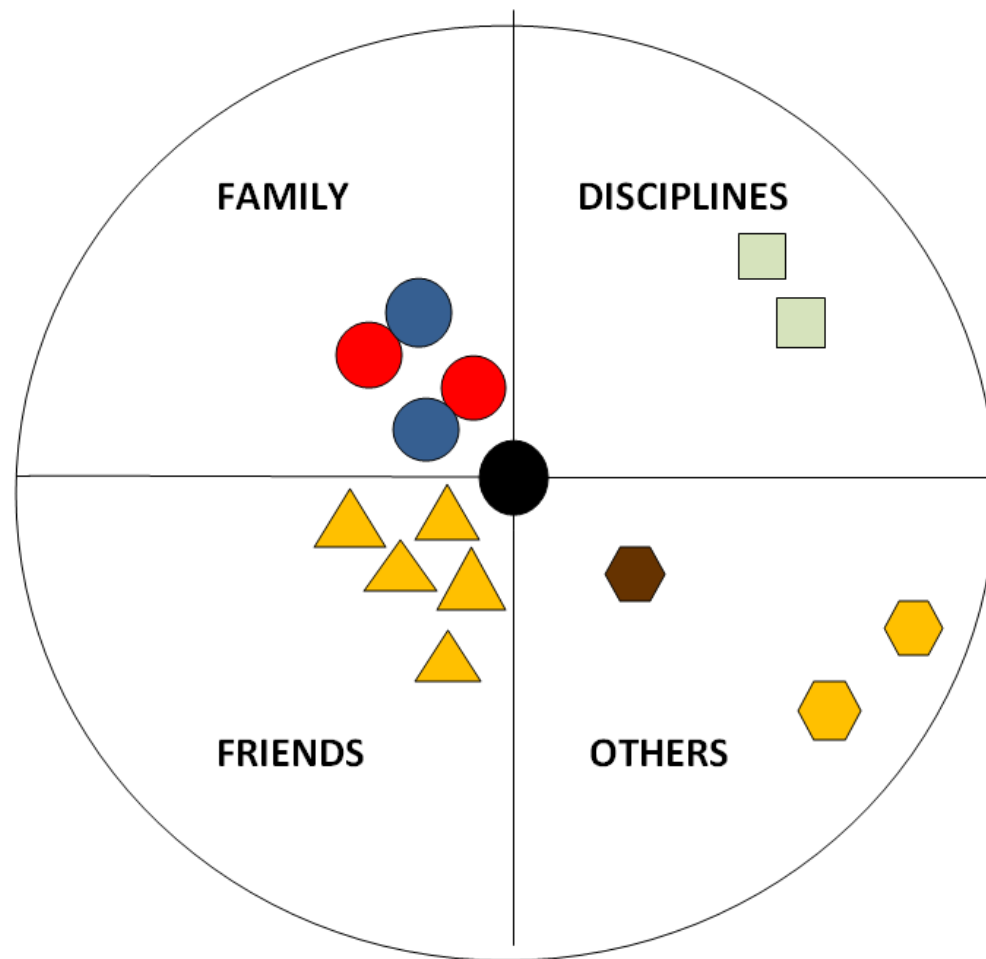
Pedagogics


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Adelia's Network map (October 2009)





Case
management
plan

Case management plan

Client's situations evaluation.

- Agreement between the professionals and the client.
- Important goal of the case management plan is to get the professional and the client to commit to the shared process.
- Plan advances that clients wishes and opinions are taken into account.
- An agreement what are the main actions, the goals for them and what are the actions to accomplish the goals.



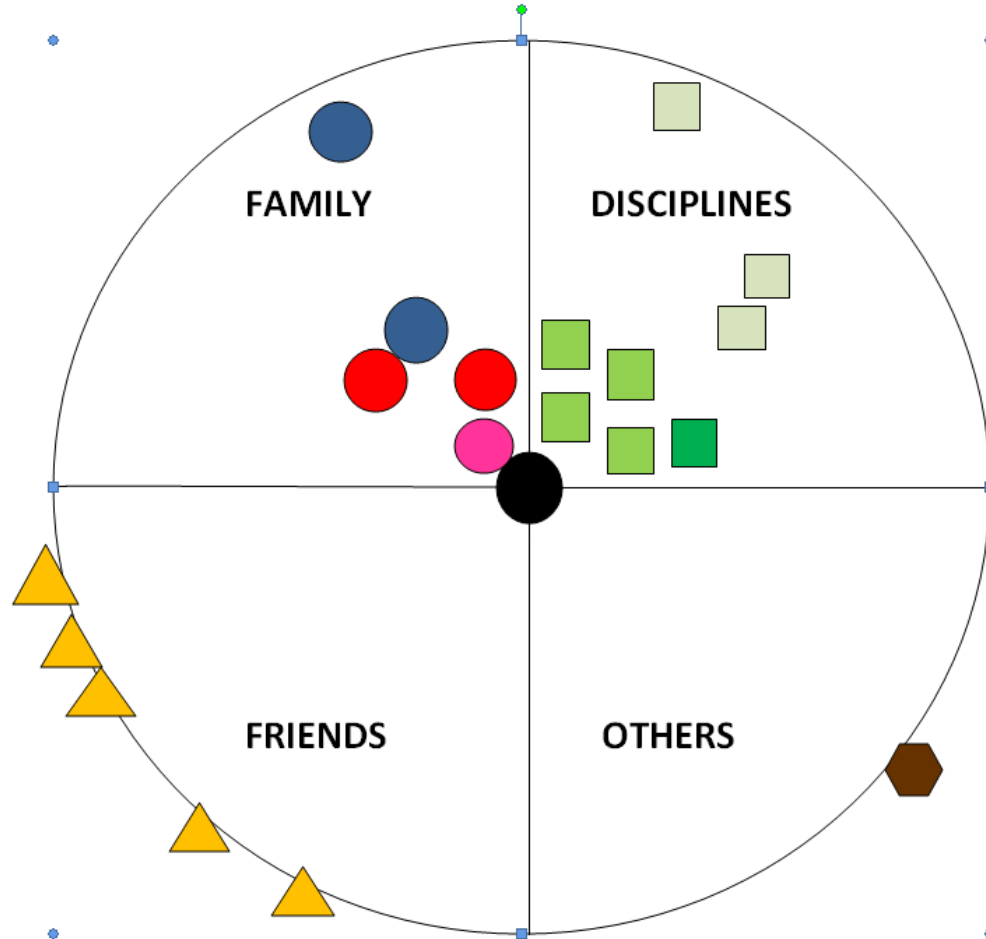
The case management plan consists of five different parts:

- Life situation
- Goals
- Intervention
- Evaluation agreement
- Evaluation



Life situation

Network map (April 2011)



Problems

Medical:

- Respiratoire problems of the baby
- Breastfeeding
- Problems development
(mother and child)

Social:

- Communication (social network, lack of info, situation father, no friends)
- Financial environment
- Occupational routine

Psychological

- Depression (post-natal) → assumption
- Connection child-mother

Cognitive

- Stadium of development



Goals



Goals

Long term goals:

- Adelia knows what she wants in her life and finds her identity
- The development of the baby is adequate for its age

Main short term goals:

Adelia:

- Bonding between mother and child
- Teach her parenting skills
- Teach her about the respiratory problems
- Learning her to make her day meaningful and learning the combination of being mother, student and teenager (leisure, productivity and selfcare) → daily routines and habits



Main short term goals for the baby:

- The development is adequate for its age
- Improving of the breathing problems and preventing further problems



Interventions

Bonding between mother and child

- Bonding analyse
- Kangaroo care
- Triple P Program




Teach her parenting skills

- Triple P Program
- Playpark
- Peer support



Teach her about the respiratory problems

- Education
- Breathing techniques



Learning her to make her day meaningful and learning the combination of being mother, student and teenager (leisure, productivity and selfcare) → daily routines and habits

- Day program
- Information about what the baby needs
- Assessment and discussion of her interests
- Playpark



Financial aspect

Adelia

- Adelia can get a government support - family allowance, depending on the income of the family.
- Singles mothers earn 20% more.

Adelia's father

- Adelia's father can join the *New Opportunities* program, and learn a different profession and earn money at the same time.

Institutions

- She can go to different institutions like Associação Portuguesa de Apoio à Mãe Solteira – A.P.A.M.S, Humanus, Ponto de Apoio à Vida, Banco de bebé, and get support (social, psychological, find a place to leave the baby...)



Evaluation

Evaluation agreement

- Casemanagement is to be evaluated on the 7th of May

Closing activity: Forum Theatre

Adelia is coming to the school for an evaluation about the last six months she was guided by the multidisciplinary team. You, and us, have the opportunity to ask Adelia questions about the guidance she got, the casemanagement plan and her life-situation now.

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