

# Training Plan

Greta is providing supports to Josey. Josey is a 25-year old woman who had a brain injury from an accident. Due to her , her support needs include assisting with most activities of daily living, transferring from her bed to her wheel chair, and assisting with tasks such as reading mail, paying bills, and remembering appointments. Josey sometimes feels frustrated and needs behavior support. Greta needed some additional training to be able to meet Josey’s support needs. Below is the training plan that Josey and her care coordinator developed for Greta. Greta has agreed to complete all of the training within 6 months of employment.

## Training Plan Example

<b>Knowledge or Skill</b>	<b>Training</b>	<b>Date Completed</b>
Learn to do safe transfers	Understanding Body Mechanics – State PCA course	
Providing ADLs	Josey’s family will assist Josey in providing training to Greta about how Josey prefers ADL supports to be done.	
Understanding brain injuries	Brain Injury Basics <a href="https://www.biausa.org/brain-injury/about-brain-injury/basics">https://www.biausa.org/brain-injury/about-brain-injury/basics</a>	
Positive Behavior Supports	Positive Behavior Support training – Agency Training	