
Adult Psychiatric Rehabilitation Program (PRP)

Individual Rehabilitation Plan (IRP) Training Exercise

Rehabilitation Coordinator/Community Worker/Intern Competency Assessment

Instructions

Read the following case scenario.

Based on the information provided, complete the Individual Rehabilitation Plan (IRP).

Complete all sections.

Client Scenario

Client Information

Client Name: Michael T. (Fictional)

Age: 42

Gender: Male

Living Situation

Michael lives in a rented townhouse with his sister and his two children.

Children

- Son – Age 15
- Daughter – Age 9

Michael has primary custody following the death of the children's mother three years ago.

Referral Reason

Michael was referred to the Psychiatric Rehabilitation Program (PRP) by his outpatient psychiatrist because his psychiatric symptoms interfere with independent living, parenting, employment, social functioning, and community integration.

His psychiatrist recommends psychiatric rehabilitation services to improve daily functioning, symptom management, independent living skills, and recovery.

Psychiatric History

Michael was diagnosed with schizophrenia in his mid-twenties.

Over the last year he has experienced worsening depression after losing his warehouse job.

He reports:

- Hearing voices several times each week telling him he is a failure.
- Occasionally believing strangers are talking about him.
- Social isolation.
- Poor motivation.
- Sleeping most of the day.
- Difficulty maintaining personal hygiene.
- Missing medical appointments.
- Forgetting to take prescribed medications several times each week.
- Difficulty managing finances.
- Feelings of hopelessness.
- Crying spells.
- Poor concentration.
- Low energy.
- Loss of interest in hobbies.
- Difficulty completing household chores.
- Increased parenting stress.
- Avoidance of family activities.

Michael denies suicidal or homicidal intent but states,

"Sometimes I wonder if life is worth all this struggle."

He states his children are "the reason I keep trying."

Functional Limitations

Michael currently struggles with:

- Medication adherence
- Personal hygiene
- Meal preparation
- Household management
- Budgeting
- Parenting responsibilities
- Community participation
- Maintaining employment
- Time management
- Social relationships
- Scheduling appointments
- Transportation planning

Medical History

- Hypertension
- Obesity

Substance Use

Denies alcohol misuse.

Denies illicit drug use.

Mental Status

Appearance:
Disheveled

Mood:
Depressed

Affect:
Flat

Speech:
Soft but coherent

Thought Process:
Generally logical with occasional paranoid ideation

Thought Content:
Auditory hallucinations

Orientation:
Alert and oriented ×4

Insight:
Fair

Judgment:
Fair

Strengths

Michael identifies several strengths:

- Loves his children
- Wants to become employed again
- Stable housing
- Supportive sister
- Consistently attends psychiatric appointments when reminded
- Willing to participate in PRP
- Enjoys repairing bicycles
- Good physical health aside from hypertension
- Strong desire to become more independent
- Demonstrates kindness toward others

Individual Rehabilitation Plan (IRP)

Client's Recovery Statement

"What is most important to me?"

Client Strengths

Rehabilitation Needs

Functional Problems

(Identify the primary rehabilitation problem)

Long-Term Rehabilitation Goal

Short-Term Goal #1

Rehabilitation Interventions

- 1.
- 2.
- 3.

Short-Term Goal #2

Rehabilitation Interventions

- 1.
 - 2.
 - 3.
-

Short-Term Goal #3

Rehabilitation Interventions

- 1.
 - 2.
 - 3.
-

Estimated Timeframe for Goal Completion

- ☐ 3 Months
 - ☐ 6 Months
 - ☐ 12 Months
-

Client Participation

How was the client involved in developing this IRP?

Progress Measurement

How will progress be measured?

Rehabilitation Coordinator Signature

Date _____

Client Signature

Date _____
