



# After-Care Assessment and Plan Tools - Form - II

Developed by -  
Association for Rural Uplift & National Allegiance (ARUNA)  
(A people's Organisation in Development Process)  
Plot-20, Phase-III, Neelachal Nagar, BRAHMAPUR  
District: GANJAM, ODIsha, INDIA

**FORM-II**  
**INDIVIDUAL AFTERCARE PLAN**

**Notes and Guidance for Planning Individual Aftercare Plan to Support the Pre-Aftercare Assessment**

- **Age of the child/young adult:** 18 - 23 Years
- **Objective of the Individual Aftercare Plan:** To set specific, measurable, achievable, realistic and timebound goal and activities to improve the developmental gaps and equip the child/young adult with necessary information, training, and skills that support for education, employment, social connectedness for independent living and social reintegration.
- **Process to conduct the Individual Aftercare Plan:** The caseworker/Superintendent/counsellor shall present, discuss, and brainstorm the aftercare assessment analysis with the child. Then after they will facilitate the child/young adult to set his/her aftercare goals for annual basis. Once the aftercare plan is developed, then facilitator(s) may take support of the expert, counsellor, life coach for review and adjustment in the process to make the goals realistic and growth oriented.
- **Key Principle to adhere during the assessment:** Best interest of the child, Participatory approach, Informed decision making, Agreement, etc.
- **Use of Aftercare Plan:** The Aftercare Plan will guide and direct both the child/young adult and Aftercare service provider to design and implement services for realizing the set goals. Both will mutually own the plan and contribute their respective roles and obligation. The plan will leverage other stakeholders and services for holistic growth and successful after care support.
- **Stakeholder(s) to be consulted/involved (as per requirement) for the implementation of the plan:** Child/young adult, Counsellor/Social worker/superintendent , peer, friend, teacher, Parent, Family/community member, Child Protection Officer, Child Welfare Committee member, relevant officer/workforce – Health, Education, Skill building, Job placement agency, Life coach, Mental health, Counselling, Youth development practitioners, others.
- **Monitoring of the Aftercare Plan:** Monthly, Quarterly, and Annually the Aftercare intervention will be monitored and reviewed by Aftercare organisation, District Child Protection Unit, Child Welfare Committee, Other competent authority as per the direction of the District Child Protection Officer time-to-time.

<b>Case Details</b>		
Aftercare Case ID [Admission Number]	:	
Name of the Aftercare Organisation	:	
Name of the Aftercare Supervisor/Superintendent	:	
Contact Number	:	
Email ID	:	
Date of Preparing Aftercare Plan [DD-MM-YYYY]	:	
Date on Aftercare started [DD-MM-YYYY]	:	
Location where the Aftercare is given to the child/young adult	:	
Period of the Aftercare Plan [Example – 01/02/03year]	:	

<b>PART-A: PERSONAL DETAILS</b> <b>(To be documented at the time of admission and proofs are attached with the aftercare plan)</b>		
Name	:	
Date of Birth [DD/MM/YYYY]	:	
Age	:	
Sex [M/F]	:	
Caste	:	
Religion	:	
Contact Number [IF ANY]	:	
Whether the child is having any chronic/infectious diseases or disability? [Specify]		
Name of the Family Gurdian [Father, Mother, Other]	:	
Relation with the Child/Young Adult	:	
Name of the previous Childcare Institution	:	
Period for staying in Institutional Care [DD/MM/YY – DD/MM/YY]	:	
Details of bank account and savings if any	:	
Details of belonging of the child [document, certificate, ID Proof, cash, material, equipment, etc.]	:	
Details of awards/rewards received by the child, if any	:	

## PART-B: AFTERCARE INTERVENTION PLAN

(Based on the Child/Young adult expectation from the individual after care plan, analysis of the status of development domains and aftercare assessment report, recommendation of the assessor, interaction with the child, and other stakeholder(s), given details on the following aftercare domain areas of concern and required intervention to support the child/young adult for social reintegration.)

Aftercare Domain	Target Component(s)/areas	Current Status (of the target component/areas)	Proposed Aftercare Goal [Output]	Key activity [to achieve the Goal/Output ]	Timeline [MM/Y Y]	Person Responsible [Child, Caregiver, Other(s)]	Support Required [Stakeholder, Service, Referrals, etc]
Health	Self-care [eating, sleeping, exercise, personal hygiene, etc.]						
	Chronic or Contagious disease [If any]						
	Treatment [If any]						
	Disability [If any]						
	Special Needs [If any]						

Behaviour Pattern [+ Mental Health]	Behaviour [Cycle, Pattern, Awareness, Responsibility, etc.]						
	Thought [Predominant/Frequent ones - Positive, Negative, Toxic, Frequency, Stimuli, and Impact]						
	Emotion [Sweet - Happiness, Joy, Love, Compassion, devotion; Bitter- anger, jealous, hatred, sad, grief, fear; Frequency, Stimuli, and Impact]						
	Feeling [Predominant/Frequent ones – Pleasantness, Compassionate, Sadness, Low, Loneliness, Hopeless, Abandoned, frustration, stress, anxiety, insecure, etc.]						
	Fear factor [If any about people, animal, water, fire, failure, disease, infection, death, loss, etc.]						
	Attitude [Positive - Acceptance, Risk-taking, Innovative, thoughtful, organised, inclusive; Negative – Non-acceptance, strong resistance to change, non-striving, all time dependant, mood swing, inconsistent in action and decision, etc]						

Education	Formal education [School, College, University, etc.]						
	Distance education [NIOS, IGNOU, etc.]						
	Technical/Vocational/Skill-base Education [ITI, Engineering, Nursing & health care, Tailoring, Hospitality, Fashion design, Beauty care, Counselling, Digital Technology, Therapeutic, etc.]						
Vocational Training	Area of interest						
	Vocational course(s)						
	Institutions						

	Pre-requisite to enrolment						
	Attitude, commitment, and passion						
	Fit to current health status						
	Market and job feasibility						
	Social respect and Growth oriented						
Activities (Life skill)	<b>Relationship building</b> [Family/Friend; Caregiver/Help seeker; Known/Unknown; Healthy/Risky – with/out whom, why/not, when, to what extent, how, where etc]						

<p><b>Time Management</b> [Priority setting, importance to work-life balance, self-care, time budgeting – education, income, relation, rest, passion, hobby, etc]</p>					
<p><b>Decision making</b> [non/perceptive, non/seeker of support, in/consistent, innovative/vague, etc]</p>					
<p><b>Money Management</b> [Value of money, Income-Expenditure-Saving, Investment – why/not, what/not, when/not, how/not, where/not, etc]</p>					
<p><b>Risk Management</b> [Knowledge, Awareness, Information and Skill to respond/manage reproductive health risk, contagious diseases, relationship break, workplace harassment, robbery like instance, disaster situations, etc]</p>					
<p><b>Taking responsibility</b> [sense of belongingness, responsiveness, sense of societal obligation, citizenry duties, public service, taking care of self, conscious respond to present situation, committed for others wellbeing and gratitude to receiving support and services, etc]</p>					

	<b>Adjustment and coping</b> [to/with new people/environment, Cope up with physiological change, transition period]					
	<b>Visioning and planning for life</b> [Carrier, employment, marriage, etc.]					
Any Other [necessary documents and based on Individual need/aftercare assessment/emergin g situation]	Necessary Document/Certificate <ul style="list-style-type: none"> <li>- Birth Certificate</li> <li>- Caste Certificate</li> <li>- Aadhaar Card</li> <li>- Ration Card</li> <li>- Disability Certificate</li> <li>- Any Other- (Sponsorship, Stipend, Scholarship, etc.)</li> </ul>					

**Date:**

**Signature of the Child/  
Young adult**

**Signature of the aftercare supervisor/superintendent**

**ANNEXURE:**

1. Pre-Aftercare Assessment Sheet
2. Order of Aftercare Placement (Form-37)
3. Any other relevant information like counselling report, CWC proceeding, etc. that has informed the plan.
4. Proofs, Certificate, ID Card

