

Creating Goals – Answers

The goals you come up with may look like these, but they may also be slightly different. If you have questions, please contact the Program Administrator.

4. I want to look nice (IHSS) every day
by making a list of things I have to do each day to look good, following that list
My IHSS will help me with my shower routine and remind me to do the other things on my list

I want to look nice by making a task list and then checking that list, and doing each task everyday with help every day (IHSS)
NOTE: If the individual makes a task list, he is making progress. If he checks the list and does each task each day, he is making progress.

5. I want to do my chores (IHSS) once a week
by making a chore chart, following my chore chart at least once a week
My IHSS will help me make the chore chart and will remind me to look at it each day and do the chore for that day, my IHSS will help me with moving furniture when I vacuum

I want to do my chores by making a chore chart and then following my chore chart with reminders and help at least once a week (IHSS)
NOTE: If the client makes a chore chart, he is making progress. If he follows the chore chart with reminders, he is making progress.

6. I want to make a memory book (IHSS) once a month
by taking pictures, buying a memory book and some stickers, starting with 1 memory page at a time
I will take my camera with me when I go out to take pictures, my IHSS will help me put pictures in my book

I want to make a memory book by buying a memory book and stickers, taking pictures, and doing 1 memory page with help once a month (IHSS)
NOTE: If the client purchases a memory book and stickers, he is making progress. If he takes pictures, he is making progress. If he does a page in his memory book each month, he is making progress.

7. I want to see my doctor (SLC) when I need to
by making an appointment for a physical, making appointments for blood work, making a dentist appointment, writing the appointments on my calendar
My coach will go with me to my appointments

I want to see my doctor by making health (physical, lab, dental) appointments, marking them on my calendar, and keeping those appointments with help at least once a year (SLC)
NOTE: If the individual makes at least annual health appointments, he is making progress. If he marks these on the calendar, he is making progress. If he keeps the appointments, he is making progress.