

Individual Plan Goals and Objectives

Name: Mary ***

Date: 1/16/08

My Goals and Expectations: “I want to be healthy and happy with things.”

Treatment Issue/Problem Area: Daily Living Skills – Mary wishes to improve her cooking skills, as she often lacks confidence in food preparation. She also states that she would like to become “even better” at reading and with her overall literary skills

Goal # 1: “I will cook for myself and try new things. I will also read and have no problems.”

Client Strengths (note how assessed): Mary demonstrates the ability to prepare various food items, as well as is capable of reading recipes. Mary is literate, though lacks confidence and makes minor errors when reading and/or writing.

Progress Since Last Review (note how assessed): Mary met a previously set objective to learn the address and phone number of the Ponca Group Home. Her cooking objective has been continued (though modified), as she did not meet the measure as previously stated. Her objective to read aloud is new.

Objective #1: “I will make a new meal or some new food”

Method: Staff will assist Mary in selecting a menu item from the cookbooks available at the group home, as well as those in magazines, online, etc. Staff will then assist Mary in writing the needed items down to prepare the item of her choice. Staff will then assist her in locating the needed items that may already be at the group home. Those that are not in the house will be obtained when shopping is completed for the group home. Mary will be encouraged to shop for and obtain the needed items, crossing them off of her list as needed. Staff will also cue/prompt Mary to read aloud from the list.

Target Date: July 2008

Service Recommended: Skills training in the group home, as well as in community

Frequency/Duration: Once per month with staff oversight and supervision. Half hour to complete menu and shopping list and an hour to complete shopping.

Service Provided By: Group Home Program Technicians

Measure: Mary will select menu items, as well as utilize a shopping list to obtain the required items and then obtain the items, with staff assistance, at least three trials prior to her next staffing.

Objective # 2: “I will practice reading so I get better at it”

Method: Once a week, Mary will meet with staff and work on reading, utilizing skill worksheets as well as newspapers, magazines, the computer and other items. Staff will assist and prompt Mary as needed to read aloud from her selected material(s) and work on her skill training for the duration of the session. Progress will be noted on data sheets and progress notes.

Target Date: July 2008

Service Recommended: Skills training in the group home

Frequency/Duration: Once a week for thirty minutes

Service Provided By: Group Home Program Technicians

Measure: Mary will read aloud with staff at least twice a month (at once a week) for

Pioneer Center of McHenry County

three consecutive months

Treatment Issue/Problem Area:-Economic Self Sufficiency. Mary states that she is confident with many areas of her finances, but that she wishes to create a better overall comprehension as it pertains to her finances.

Goal # 2: “I will use my money by myself, with no help from staff.”

Client Strengths (note how assessed): Mary enjoys shopping, and has tendencies to be a rather impulsive buyer. She has started to use a list to complete her shopping but would shop on a daily basis if possible (Staff, client report). She is motivated to improve her skills in this area.

Progress since Last Review (note how assessed): The following objectives are continuations on previously set objectives that Mary did not meet, though they have been modified.

Objective #1: “I will budget my money once a week”

Method: Mary will complete a budgeting sheet on a weekly basis that indicates the items she may wish to purchase. She will then meet with staff, which will assist her in reviewing the items on her list, as well as adding up the expenditures and comparing that amount to her available funds. She will also rank items according to need and value. Mary will also, at this time, work with staff in placing a certain amount of her paycheck towards a vacation or trip of her choice. Staff will assist Mary in selecting an appropriate amount or percent, on her other budgetary needs.

Target Date: July 2008

Service Recommended: skills training in the group home

Frequency/Duration: once per week for one hour

Service Recommended: Group Home Program Technicians QHSP

Measure: Mary will budget with staff (and adhere to budgetary restraints) for three cumulative months

Objective #2: “I will work on getting better at all my money skills”

Method: Mary will, once a week, work on her math and/or money skills. She will work either on worksheets, the hand-held money skills game available at the group home, or online. Staff will provide oversight and assistance with Mary, prompting her to review any completed problems that may have been done erroneously.

Target Date: July 2008

Service Recommended: skills training in the group home

Frequency/Duration: once per week for forty-five minutes

Service Recommended: Group Home Program Technicians QHSP

Measure: Mary will work on her math/money skills for eight consecutive weeks.

Treatment Issue/Problem Area - Community integration: Mary states that she would like to visit new places within the community, as she currently visits the same few stores when shopping independently in the community. She also states that she would like to set a date with her boyfriend (client report).

Goal #3: “I will go to new stores (in the community) and have a date with my boyfriend.”

Client Strengths (note how assessed): Mary enjoys activities in the community. She has a lot of energy to go and do things (Staff observation).

Pioneer Center of McHenry County

Progress Since Last Review (note how assessed): The following objectives are new.

Objective # 1 “I will get out to new stores in McHenry”

Method: Weekly, Mary will meet with staff and review stores that she may like to shop at the coming weekend. Mary will then call Pace (with staff assistance as may be needed) and inquire as to if Dial-A-Ride is available to take her to and from the store she desires to visit. Mary also may call other Pioneer Group Home and ask if they have plans to go shopping the coming weekend, and if she may join them. Mary will then go out in the community, and report her experience to staff.

Target Date: July 2008

Service Recommended: Skills training in the group home and community

Frequency/Duration: once per month for no less than one hour

Service Provided By: Group Home Program Technicians

Measure: Mary will shop at least four new locations within the community prior to her next staffing.

Objective # 2: “I will set a date with my boyfriend”

Method: Staff will assist Mary in selecting a date that she may wish to participate in with her boyfriend. Staff will also assist in coordinating transportation as may be needed. Mary will be encouraged to have her boyfriend over for a meal, as well as going to his group home (in Harvard) to attend a meal with him. She also may set a date to go into the community.

Target Date: July 2008

Service Recommended: Skills training in the group home

Frequency/Duration: Once a month for no less than an hour

Service Provided By: Group Home Program Technicians

Measure: Mary will have at least three dates with her boyfriend prior to her next staffing

Treatment Issue/Problem Area – Medication Skills: Mary, though familiar with many of her medications, states that she still is uncomfortable in naming them off. She also states that she would like to further learn the primary side effects of the medications that she currently takes.

Goal #4: “I will do all my meds by myself”

Client Strengths (note how assessed): Mary is able to take her medication with direction from staff. She is motivated to learn all of her meds by names and eventually administer them with no staff assistance.

Progress Since Last review (note how assessed): The following objective is new.

Objective #1: “I will tell staff the name of my meds, and a side effect”

Target Date: July 2008

Method: At each medication time staff will ask Mary to state the name of her medications. Staff will document if she was correct or incorrect. If Mary was incorrect, staff will correct Mary, and Mary will restate the correct dosage. Please note that the name of the medication(s) should be the most commonly used name (and hence the name that Mary will be most likely to learn, remember, and be able to recite from memory), as opposed to the often lengthy and difficult to pronounce chemical name or generic equivalent. Mary will then, after stating a particular med, state the side effect.

Service Recommended: Skills training at home.

Frequency/Duration: Daily during morning medication times.

Services Provided by: Group Home Program Technician

Measure: Mary will be able to state the name and dosage of her medication when asked

Pioneer Center of McHenry County

to do so once per week with 80 % accuracy or better for the next twelve weeks.

Treatment Issue/Problem Area: Behavior Plan Mary met her objective to write about the positive things in her life each morning that she is appreciative of having, on a daily basis. This objective will be continued, though the frequency that Mary reviews her entries will be now once a week (or more as may be needed), as she has reported very little in the way of maladaptive behaviors and/or thoughts. She will chart three “good things” that happened during the day, about herself, as well as things that may have caused her duress or concern. She will then discuss this with staff, as well as her therapist and psychiatrist. She will also continue to work on a preciously set objective to select a positive daily affirmation from a container or bowl of them. This behavior plan or program will work in tandem with her current psychotropic medication regimen, and staff will also be encourage to chart specific instances or manifestations (or lack there of) of her depression or Borderline Personality Disorder. All information will then be shared with Mary’s psychiatrist as part of monitoring the effectiveness of her medications. This will then be considered in devising any sort of future medication reduction plan.

Goal #5: “I will feel good about myself and do the right things.”

Client Strengths (note how assessed): Mary, at times shows symptoms of depression and is withdrawn, tearful, and irritable, and stated she has had suicidal ideations. She has been seeing a psychiatrist. Though it is noteworthy that instances of manifestations of this disorder have declined remarkably. Mary also states that she now longer wishes to see a therapist or counsler (staff observation)

Progress since Last review (note how assessed): Mary has shown improvement in her ideations since she has started treatment with medications, and has met her objective to journal her feelings (Service Reviews). She wishes to continue working on both of these objectives, though the Measure has been modified.

Objective #1: “I will pick one (daily affirmation) a day, to help me feel better”

Target Date: July 2008

Method: Each day, at the time Mary meets with staff in the morning to administer her medication, Mary will take one slip of paper from the container that houses the daily affirmations. Mary will then read the affirmation aloud to staff. Staff will then repeat it to Mary, and prompt her to again state the affirmation.

Service Recommended: Skills training at the group home

Frequency/Duration: Daily for fifteen minutes.

Services Provided by: Group Home Program Technicians in AM shifts

Measure: Mary will select a daily affirmation for three consecutive months, at least five days a week.

Objective #2: “I will use my journal during the day”

Target Date: July 2008

Method: Each day, Mary will complete her journal which will be broken down into three components: three good things that happened to Mary during the day, at least one good thing that Mary likes about herself as a generality, and one thing that occurred during the day or recently that caused her to worry. Mary will then review her journal with staff in the afternoon. Staff will assist her in resolving any issues she may have, as well as emphasizing the positive affirmations Mary has written.

Service Recommended: Skills training at the group home

Frequency/Duration: Daily for thirty minutes

Services Provided by: Group Home Program Technicians, all other applicable staff with whom Mary may wish to speak

Pioneer Center of McHenry County

Measure: Mary will complete her journal and review it with staff for three consecutive months, at least once a week.

Treatment Issue/Problem Area - Vocational: Mary works at a job within the community, though states that she still wishes to work at the workshop when the opportunity arises. She also states that she would like to participate in the SOAR Program. Mary would like to, at med times, discuss any issues that may have occurred at her community job.

Goal #6: “I will work and go to SOAR.”

Client Strengths (note how assessed): Mary is proud of her employment income. Her workshop supervisor has noted that she has a good eye for detail. She enjoys participating in the SOAR Program, in particular those events that involve crafts

Progress Since Last Review (note how assessed): The following objectives are new

Objective # 1: “I will tell my supervisor that I got to the workshop.”

Method: Mary will meet with/check in with her supervisor at the workshop when she arrives. She will then, at that point, decide if she would like to work or attend SOAR.

Target Date: July 2008

Service Recommended: Skills training in the workshop

Frequency/Duration: Daily for fifteen minutes (to inquire about work, and to get to work area/station).

Service Provided By: Workshop supervisor

Measure: Mary will check in with her supervisor for at least two consecutive months of trials

Objective # 2: “I will do crafts with SOAR”.

Method: After meeting with Mary’s supervisor and deciding to attend SOAR, Mary will meet with staff to review any activities or events that may be occurring that involve crafts. Staff will then encourage and assist Mary in participating in activities of this sort. Progress will be noted on the data sheets.

Target Date: July 2008

Service Recommended: skills training in the workshop

Frequency/Duration: At least once a week, or as available.

Service Provided By: PI supervisor

Measure: Mary will participate in craft activities with SOAR for five consecutive trials.

Objective # 3: “I will talk about work”.

Method: Mary will, upon arriving home from work, speak with staff about any occurrences at work that may have concerned her in any way. Staff will encourage her to write down her concerns for future reference. Staff will then assist her in determining what actions she will need to take to alleviate any stress or anxiety she may be experiencing. This may include relaxation technique after a tiring day of work (deep breaths, a brief walk, etc.). Staff will also provide support to Mary by encouraging her to go to her management, should any situation she speak of with staff warrant it, or to speak with QHSP, Options & Advocacy, or any other member of the CST should her concerns not be adequately addressed. Progress will be noted on data sheets.

Pioneer Center of McHenry County

Target Date: July 2008

Service Recommended: skills training in the workshop

Frequency/Duration: At least once a week, or as available.

Service Provided By: PI supervisor

Measure: Mary will meet with staff as needed for three months.