Goal Cards
For Families

Experience my community

Help get myself dressed

Learn healthy choices

Have someone help find and coordinate community services

Receive good dental care

Learn about my medications

Have my parent(s) have more time for themselves

Be more independent
Introduction

• The goals are grouped into 5 areas: communication; community, social and school; home and family; independence; and medical and health.

• The purpose is to make goal identification easier.

• These are designed as a guide for starting a conversation on identifying goals that are appropriate for your child and as a catalyst for conversations about goals in general.

• There is no expectation that you select a specific goal from these cards.
<table>
<thead>
<tr>
<th>Communication Goals</th>
<th>Community, Social, and School Goals</th>
<th>Home &amp; Family Goals</th>
<th>Independence Goals</th>
<th>Medical &amp; Health Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Have others listen and understand me</td>
<td>• Be part of my school</td>
<td>• Find a care provider to help at home</td>
<td>• Accept my differences</td>
<td>• Access more therapy opportunities</td>
</tr>
<tr>
<td>• Improve my ability to communicate</td>
<td>• Be safe in my environment</td>
<td>• Get support for my brother(s) and sister(s)</td>
<td>• Be more independent</td>
<td>• Describe pain and other physical symptoms</td>
</tr>
<tr>
<td>• Learn how to tell others what I need</td>
<td>• Experience my community</td>
<td>• Have an accessible home</td>
<td>• Be treated with respect</td>
<td>• Get better sleep</td>
</tr>
<tr>
<td>• Understand and express my feelings</td>
<td>• Feel like I belong in my community</td>
<td>• Have my parent(s) spend more time by themselves</td>
<td>• Have a hobby</td>
<td>• Have equipment that is made for me</td>
</tr>
<tr>
<td></td>
<td>• Get help at school with ________</td>
<td>• Have someone help find and coordinate community services</td>
<td>• Make my own decisions</td>
<td>• Have fewer medical appointments</td>
</tr>
<tr>
<td></td>
<td>• Go to camp without my parents</td>
<td>• Have transportation I can use with my family</td>
<td>• Use technology</td>
<td>• Learn about my medications</td>
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<tr>
<td></td>
<td>• Make new friends</td>
<td>• Help get myself dressed</td>
<td></td>
<td>• Learn healthy choices</td>
</tr>
<tr>
<td></td>
<td>• Play more</td>
<td>• Improve my hygiene</td>
<td></td>
<td>• Learn how to use my equipment / supplies</td>
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<tr>
<td></td>
<td>• Reduce behaviors that hurt others</td>
<td>• Take vacations</td>
<td></td>
<td>• Make the switch to the adult health care system</td>
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<td></td>
<td></td>
<td>• Accept my differences</td>
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</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Be more independent</td>
<td>• Spend less time in the hospital</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Be treated with respect</td>
<td></td>
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</table>
Have others listen and understand me.
Improve my ability to communicate
Learn how to tell others what I need
Understand and express my feelings
Be part of my school

Community, Social, and School
Be safe in my environment

Community, Social, and School
Experience my community

Community, Social, and School
Feel like I belong in my community

Community, Social, and School
Get help at school with ______

Community, Social, and School
Go to camp without my parents
Make new friends

Community, Social, and School
Play more

Community, Social, and School
Reduce behaviors that hurt others

Community, Social, and School
Find a care provider to help at home
Get support for my brother(s) and sister(s)
Have an accessible home
Have my parent(s) spend more time by themselves
Have someone help find and coordinate community services
Have transportation I can use with my family
Help get myself dressed
Improve my hygiene
Take vacations
Accept my differences

Independence
Be more independent
Be treated with respect
Have a hobby
Make my own decisions

Independence
Use technology

Independence
Access more therapy opportunities

Medical and Health
Describe pain and other physical symptoms
Get better sleep
Have equipment that is made for me
Have fewer medical appointments
Learn about my medications
Learn healthy choices
Learn how to use my equipment / supplies
Make the switch to the adult health care system
Receive good dental care
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