



Experience my community



**Have someone help find
and coordinate
community services**



Receive good dental care



Help get myself dressed

Goal Cards For Families



Learn about my medications



Learn healthy choices



**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.

Communication Goals

- Have others listen and understand me
- Improve my ability to communicate
- Learn how to tell others what I need
- Understand and express my feelings

Community, Social, and School Goals

- Be part of my school
- Be safe in my environment
- Experience my community
- Feel like I belong in my community
- Get help at school with _____
- Go to camp without my parents
- Make new friends
- Play more
- Reduce behaviors that hurt others

Home & Family Goals

- 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

Independence Goals

- Accept my differences
- Be more independent
- Be treated with respect
- Have a hobby
- Make my own decisions
- Use technology

Medical & Health Goals

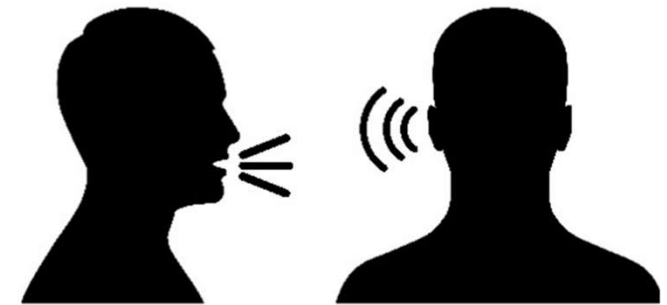
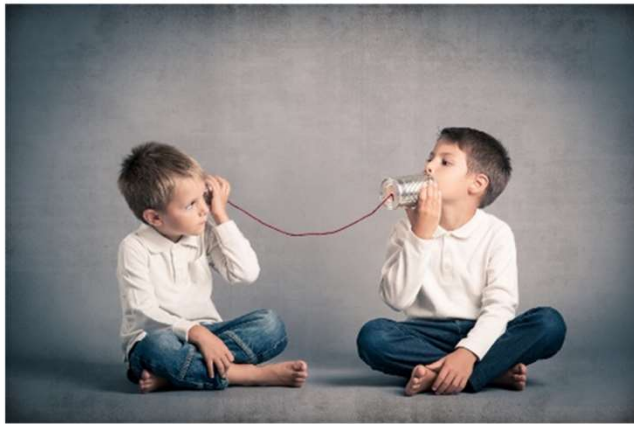
- Access more therapy opportunities
- Describe pain and other physical symptoms
- Get better sleep
- Have equipment that is made for me
- Have fewer medical appointments
- Learn about my medications
- Learn healthy choices
- Learn how to use my equipment / supplies
- Make the switch to the adult health care system
- Receive good dental care
- Spend less time in the hospital

Have others listen and understand me



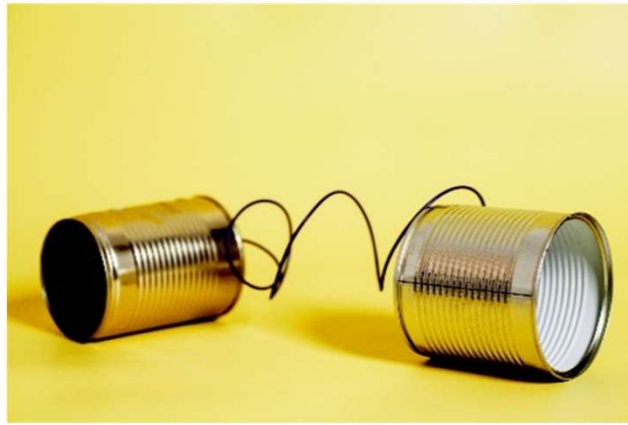
Communication

Improve my ability to communicate



Communication

Learn how to tell others what I need



Communication

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



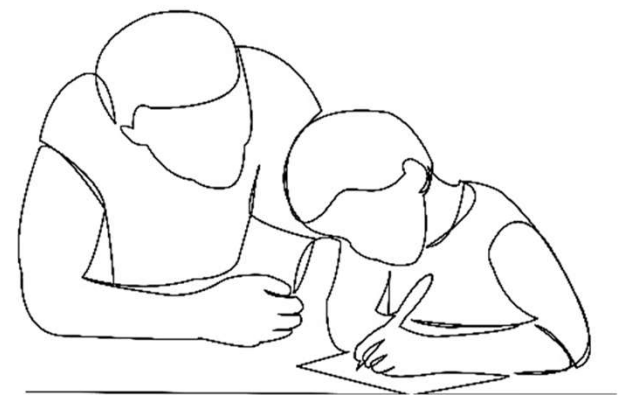
Community, Social, and School

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



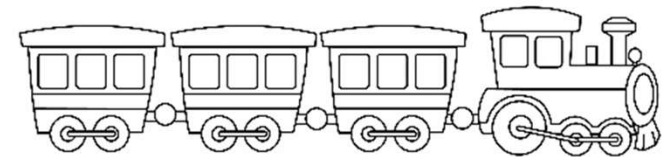
Community, Social, and School

Make new friends



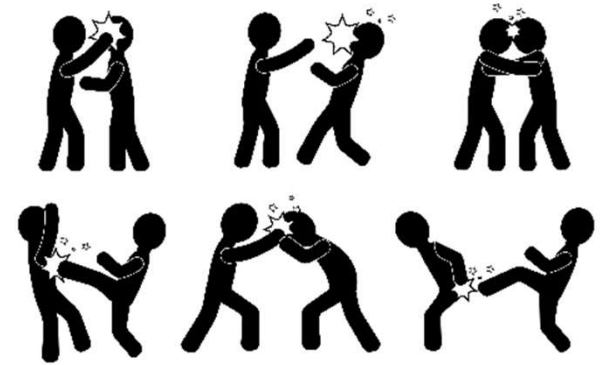
Community, Social, and School

Play more



Community, Social, and School

Reduce behaviors that hurt others



Community, Social, and School

Find a care provider to help at home



Home and Family

Get support for my brother(s) and sister(s)



Home and Family

Have an accessible home



Home and Family

Have my parent(s) spend more time by themselves



Home and Family

Have someone help find and coordinate community services



Home and Family

Have transportation I can use with my family



Home and Family

Help get myself dressed



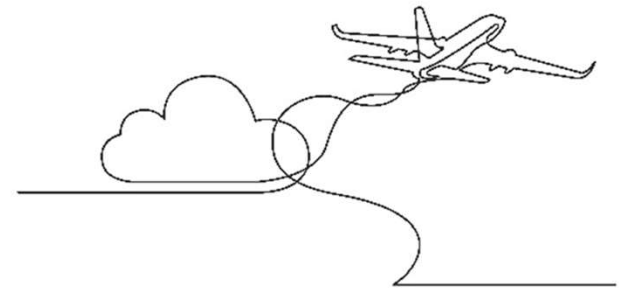
Home and Family

Improve my hygiene



Home and Family

Take vacations



Home and Family

Accept my differences



Independence

Be more independent



Independence

Be treated with respect



Independence

Have a hobby



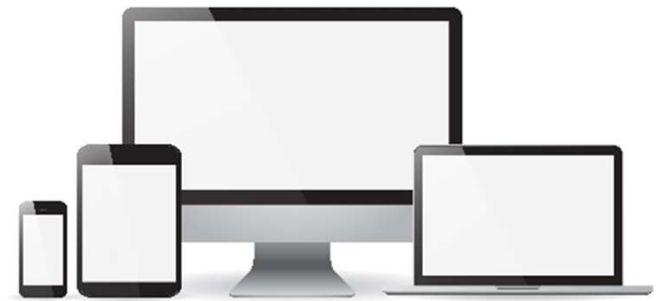
Independence

Make my own decisions



Independence

Use technology



Independence

Access more therapy opportunities



Medical and Health

Describe pain and other physical symptoms



Get better sleep



Medical and Health

Have equipment that is made for me



Medical and Health

Have fewer medical appointments



Medical and Health

Learn about my medications



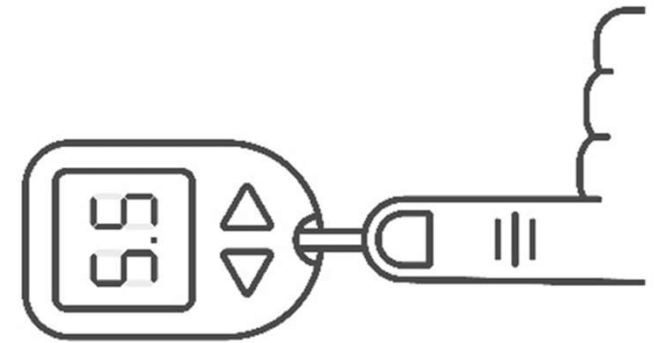
Medical and Health

Learn healthy choices



Medical and Health

Learn how to use my equipment / supplies



Make the switch to the adult health care system



Medical and Health

Receive good dental care



Spend less time in the hospital



Medical and Health

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