

Sample Plan of Care Page

Goals & Activities

Instructions: Complete a “Goals & Activities” page for each of the top 3 or 4 Life Domain Areas prioritized by the team on page 3.

Domain to be Addressed: Independent Living Skills

Identified Need (from page 3)	Strengths Related to Need (from page 2)	Outcome/Goal	Activities (Include who, what, by when & how paid for)	Progress Toward Goal (Use key below)										
Organization of medications and important documents (bills, SSI information, medical assistance information)	<ul style="list-style-type: none"> Ima Client has a very good memory Ima’s sister has helped her clean & organize her home in the past Ima likes to draw & make crafts Ima has a good relationship with her therapist 	Ima’s medications and important documents are organized, and she has a plan to maintain the organization.	<ul style="list-style-type: none"> Ima will contact her therapist and ask for an updated list of the medications and dosages she is currently being prescribed by 3/1/00 (next week Wednesday). Next Saturday (3/4/00), Ima’s sister will help her clean and organize her kitchen (where Ima keeps medications and important documents) Together, Ima & her sister will create a chart or creative labeling system to help her stay organized in the future by the 3/15/00 team meeting. Ms. Coordinator (Ima’s case manager) will check with Ima weekly to monitor how the organization plan is working for her. 	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Date: 3/15/00</td> <td style="width: 50%;">Progress: 3</td> </tr> <tr> <td>Date: 3/29/00</td> <td>Progress: 5</td> </tr> <tr> <td>Date:</td> <td>Progress:</td> </tr> <tr> <td>Date:</td> <td>Progress:</td> </tr> <tr> <td>Date:</td> <td>Progress:</td> </tr> </table>	Date: 3/15/00	Progress: 3	Date: 3/29/00	Progress: 5	Date:	Progress:	Date:	Progress:	Date:	Progress:
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Progress Key:

NA =no longer a need or goal 1 =unresolved or worse; not attained 2 =unchanged; still a need or goal 3 =progress made but still a need	4 =unresolved or partially attained; but improved 5 =resolved or attained satisfaction
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Taken from: Dunst, C.J., Trivette, C.M. & Deal, A.G. (1988). Enabling and empowering families: Principles and guidelines for practice. Cambridge, MA: Brookline