

Individualized Day Supports: Writing Goals for an Initial Community Integration Plan

To write specific goals for a person to be accomplished during the first thirty (30) days of service, use the following four-part goal framework:

#1. During the first 30 days, we will assist [name] to:

explore...

try...

identify...

choose...

prioritize...

develop...

build...

determine...

decide...

pursue...

_____...

_____...

_____...

rule out...

Example for Community Contribution Goal Area: We will assist Janet to decide what kind of volunteering she would like to do.

#2. In doing this, we will start by specifically focusing on... [be specific about where you will start] because...[provide justification for specific focus based on what you have learned or know about the person]

Example: We will start by focusing on volunteer opportunities involving animals and senior citizens because Janet's Positive Personal Profile says she likes cats and enjoys helping her grandmother.

#3. By day 30, we will have:

learned...

identified...

decided...

Example: By day 30, we will have identified the specific types of volunteering Janet wishes to do and where she is able to do those types of volunteering.

#4. By day 30, [name] will be able to...

Example: By day 30, Janet will be able to make an informed choice about what kind of volunteering she wishes to do and where she wishes to volunteer.