

Outcomes: Examples		
Social & Spirituality	Desired Outcome:	I will participate in meaningful activities of my choice.
	Strategies for Implementation:	I will participate in activities such as walking, running, and swimming at a location near me.
	Action Steps Needed:	I will visit gyms, the YWCA and clubs and choose one to join.
	How progress will be measured:	Visiting and obtaining membership. Participation in activities.
	Who / When:	Mom and me by 5/1/2018.
Safety & Security	Desired Outcome:	I will maintain my personal safety when in the community.
	Strategies for Implementation:	I will learn to use coping skills when in large, crowded, noisy environments and during transitions.
	Action Steps Needed:	DSP will help me practice coping skills like deep breathing and sensory activities to use when I am anxious.
	How progress will be measured:	I am successfully using coping skills when needed.
	Who / When:	DSP and me by 7/1/18.
Daily Life & Employment	Desired Outcome:	I will communicate my needs and wishes.
	Strategies for Implementation:	I need support to explore various communication techniques I may be interested in learning, such as picture cards; sign language, or electronic devices.
	Action Steps Needed:	Support staff will assist me in learning the desired techniques and/or obtaining electronic device.
	How progress will be measured:	I will communicate at least one need or wish each day when prompted.
	Who / When:	DSP and me by 9/1/2018.