Module “D” Session 3

Decide What to Do Next
What do you know about goal setting?

What do you want to know?
Tools to Assist: Goal Setting
Goal Setting

- What would you like to see different in your health care?
- How do you think you can make a change?
- Why is it important to make health goals?
Setting Health GOALS

**Goal Setter - Action Plan**

- I’d like to lose weight. I’m winded when I walk and my clothes are too tight.
- Talk to my doctor, nurse, family, MSC
- Smaller portions, twice a week go to the YMCA pool
- Food Diary for one month
- Goal – 2lbs/mo

**Support**

- Who can help me?
- I can go walking with Jamie on Saturdays

**Follow Up**

- How can I tell if I met my goal?
- Weekly weight check: I lost 3 pounds in 4 weeks… 12 more to go!
- Now I can check off on my Goal Setter sheet

**Goals**

- What do I want to do?

I can’t do it alone and need help.
Pair Share

- Pick a partner
- Think about your goals
- Pick one goal you’d like to work on
- Talk about it in your own words
- What steps do you need to take?
- Share your experience with the group
HTNY Goal Setter Web Tour

Moving from Pediatric to Adult Health Care

Skills for Moving from Pediatric to Adult Health Care
- Scheduling an Appointment
- Getting Health Insurance
- Deciding About Guardianship
- Speaking up at the Doctor's Office
- Understanding Your Disability
- Managing Medications
- Keeping a Health Summary
- Looking into Service Coordination
- Setting Health Goals
- Finding Community Resources

My GOALS

My Circle of Support

My SKILLS
Goal Setter

Goal: Weight loss (BMI goal: 25)
Steps:
1. get script for diet and set BMI goal with doctor
2. evaluation by Jean UCP nutritionist
3. Inservice at IRA with Jean and Pat
4. Monthly weight checks by Kelly (nurse at IRA)
5. PT (Cary) & horseback riding (Nora)

How to use the Goal Setter: DECIDE on a goal that is meaningful to you. Talk about it with your service coordinator, your doctor, or someone in your circle of support. EXPRESS yourself! Working together, come up with specific STEPS you will take to accomplish your goal. Be sure to FOLLOW-UP in order to track your progress. Celebrate your accomplishments!
Group Share

• Volunteers share their Goal Setter Sheet
My Place Live Demonstration

http://www.healthytransitionsny.org/
KWL Group Informal Assessment

Setting goals

- Identification of a goal/expressed in one’s words
- Listing steps to reach your goal
- Circle of Support
- Tracking progress

Website tool: “My Place” in www.HealthyTransitionsNY.org
Practice at Home

“Decide”

Decide What to Do Next

Practice at Home:

1. Talk with someone in customer service at a local store and ask how he/she negotiates with a customer who is very angry.

2. Practice being assertive this week. Share your story with a picture, recording, or Mind Map - how did you feel, what could you do better next time, did you come up with a compromise?

3. Describe one health goal and write it, draw it, cut out a picture representing it or have someone record your goal.

4. Discuss your health goal with a friend or family member. Maybe they can help you get to your goal. Were you able to add extra steps in your "Goal Setter"? How will you be able to tell if you've made progress?
End of Session

Congratulations!