

Goals, Objectives and Methods

Goals

Goals start with the child and family/ caregiver's priorities, what they consider to be the strengths and the needs most pertinent to their life and the results from the CANS-NY assessment with ratings of 2 or 3. Consider what is working and functioning currently to assist with the implementation of the goal(s). Consider the function areas that need to be addressed, the routine(s) that are impacted, area for child and/or family participation and addressing specific behaviors. Goals are measurable and observable however, not necessarily quantitative, objectives are intended to provide the quantitative data to assess for progress.

Goal setting is a collaborative process, it allows for an important opportunity to partner with the family and include them in the Waiver process. It is critical that goals be written in a realistic and manageable manner. Additionally, all goals should be written in a strength-based tone to remain person-centered. It is important to note that goals, unlike objectives, state the big picture, are less structured and are driven by assessments, team dialogue, and observations. For instance: the parents/ caregiver may have indicated that school attendance is an issue for the child. However, the age and behaviors of the child make it difficult for the child to independently prepare for school and attend in a timely and appropriate fashion and thus, family involvement is critical to achieve this priority. A goal may be, "To increase John's school attendance, parents will fully meet responsibilities with regards to John's education"

Objectives

Objectives are realistic, measurable, observable, attainable, specific and straightforward. The objective(s) must tie back to the goal and contain specific elements to ensure that progress can be measured. It is important to identify who will be conducting the behavior, what action is taken, when the action will take place and how it will be measured. For instance: "John's parents will take John to school every day, arriving by 8.55am, if the child is unable to attend school, John's parents to contact the school by 8.55am on the day of the absence and inform school staff of the reason for the absence." The measurable aspect of this objective is critical, school attendance, including tardiness, is observable and able to be tracked. This meets the parent's identified priority and by involving the parents, the objective becomes attainable. It is important to note that one goal may require multiple objectives. In this case, the goal is to increase John's attendance and perhaps parental school drop-off is not sufficient to achieve this goal.

Methods

Methods specifically describe what will be done to achieve the objective, which service(s) will be used (using the approved service codes printed on the Service Plans), and who will do what. The duration and frequency of the service must also be indicated. If the use of flex dollars is anticipated, this must be included in the method.

The more realistic or natural the task, the more motivated the child will be and the more applicable it will be to everyday events and situations. Authentic tasks and circumstances reinforce a generalization of application across settings. Additionally, no inferences should be made regarding the child's capabilities, by utilizing the CANS-NY assessment, incorporating the priorities and accounts of both child and family and observing the child's natural behavior, the Individual Care Coordinator is able to facilitate the creation of authentic tasks.

Five key elements should be included in the methods: who will be conducting the intervention or action, what service will be used, where will the intervention or action take place, when will the action (service) be provided and why is this service being provided. For instance: "IIH will meet with John and parents for one hour at the residence two times a week at school prep time for two weeks to model and assist parents in preparing John for the school day to enhance attendance. ICC will evaluate parent's ability to consistently use this method within one month."

Projected use of flex dollars must be specifically noted, when indicated, stating for what they will be used.

These are revised as needed.