

Family Resource Builder®

Action Planning Goals and Outcomes

PHA

Patient Home Advantage

Benefits of working towards goals by doing an Action Plan you put in place

1. Gives you a firm target to work towards;
2. Helps you be a better problem solver and find good options;
3. Helps reduce your stress;
4. Helps you find more services available to you;
5. Helps your entire family benefit from a good solution; and,
6. Helps you become a stronger advocate for your child.

1 Task you want to accomplish & Goal

Reduce stress & conflict between 2 siblings so that they can enjoy each other.

2 What do you want to happen in the next 6 months, or less? Write a 1 or 2 sentence description of the goal for this task.

If a miracle happened today, what would that be?

Reduction in amount of sibling conflict.

3 What's happening now related to this problem or situation? Write a 1 or 2 sentence description of what is currently happening related to this task.

Young boy provokes older sister.

4 What support resources are available to reach this goal? Brainstorm all possible resources.

Every family member learning how to support & encourage behavior improvement change of one family member.

5 What specific Action Baby Steps will you take to accomplish the task? List 3 steps you will take tomorrow.

1. *Mom & dad continue to implement new parenting skills*
2. *Continued encouragement of daughter that mom/dad understand.*
3. *Monitor stress impact on mom & dad relationship because of increased time commitment to coaching behavior change.*

6 Who will help you and what will they do so you can achieve your goal?

Behavior change parenting skills expert. All of family learning new support skills. Respite for mom.

Family signature *Mom*

Helper signature

J. Donovan

Date *9/29/2014*

Family Copy

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1 Task you want to accomplish & Goal,

Stress free vacation with each member of the family - mom, dad, four children all having fun.

2 What do you want to happen in the next 6 months, or less? Write a 1 or 2 sentence description of the goal for this task. If a miracle happened today, what would that be?

Family members would agree beforehand on vacation plans.

3 What's happening now related to this problem or situation? Write a 1 or 2 sentence description of what is currently happening related to this task.

*Busy family too chaotic to plan vacation.
Four siblings never agree on vacation destination or activities.*

4 What support resources are available to reach this goal? Brainstorm all possible resources.

*Put definite vacation date on calendar where every family member can see it.
Ask family members to start listing their ideas on family whiteboard.*

5 What specific Action Baby Steps will you take to accomplish the task? List 3 steps you will take tomorrow.

1. *Google specific vacation options.*
2. *Contact travel agents for options regarding special needs.*
3. *Have each family member research & find their favorites.*

6 Who will help you and what will they do so you can achieve your goal?

Friends; Travel agents; Google; each family member

Family signature *Dad*

Helper signature *J. Donovan*

Date *9/29/2014*

Family Copy