



GOALS

Goal:	Number:
-------	---------

Date Set	Review Date	Review Date	Review Date	Review Date	Review Date

Date	Strategies	Contacts and resources



GOALS

Goal	Number: 1
<i>I will remember all my appointments in 2 weeks</i>	

Date Set	Review Date	Review Date	Review Date	Review Date	Review Date
<i>9/3/10</i>	<i>9/4/10</i>				

Date	Strategies	Contacts and resources
<i>9/3/10</i>	<i>I will use a diary, calendar and whiteboard and timetable</i>	<i>Section 13 Promoting Independence Toolkit</i>



GOALS

Goal

Number: 2

I will have enough food in my house for all my meals for 2 weeks

Date Set	Review Date	Review Date	Review Date	Review Date	Review Date
<i>9/3/10</i>	<i>9/4/10</i>				

Date	Strategies	Contacts and resources
<i>9/3/10</i>	<i>Menu plan</i> <i>Develop shopping list</i> <i>Work with support worker</i>	<i>Worksheet 7</i> <i>Worksheets 8, 9 & 10</i> <i>Occupational therapist and support worker</i>



GOALS

Goal	Number: 3
<p>I will keep track of when my bills are due and pay them on time within two weeks</p>	

Date Set	Review Date	Review Date	Review Date	Review Date	Review Date
9/3/10	9/4/10				

Date	Strategies	Contacts and resources
9/3/10	<p>Set up a system to keep the expenses I have to pay and the expenses I have paid organised</p> <p>use a calendar and diary so I know when I have to pay the bill by</p> <p>Talk to the Occupational Therapist</p>	<p>Worksheets 12, 13 & 14</p> <p>Section 13 Promoting Independence Toolkit</p> <p>Occupational therapist</p>



GOALS

Goal

Number: 4

I will identify places to keep things in my house so I don't lose them - within one month

Date Set	Review Date	Review Date	Review Date	Review Date	Review Date
24/3/10	24/4/10				

Date	Strategies	Contacts and resources
24/3/10	<p>Organise house Identify place to keep important things - sunglasses, keys purse and mobile phone.</p> <p>Put signs up to remind me where I should put them</p>	<p>Large Post it notes</p>