Goals for Children: Helping Families and Children Create Goals

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How can we help families?

- Brainwriting exercise - How can we make sure goals are meaningful to families?
- Diabetes Center Copenhagen, Denmark
- Our initial set of goal cards had 60 cards
- About 45 families reviewed the goal cards
  - Keep it
  - Change it
  - Get rid of it
Play more

Community, Social, and School
39 Cards; 5 Categories

- Learn how to tell others what I need
- Get support for my brother(s) and sister(s)
- Make new friends
- Have a hobby
- Receive good dental care
English and Spanish

**English Version**

- **Goal Cards**
  - Experience my community
  - Help get myself dressed
  - Learn healthy choices
  - Have my parent(s) have more time for themselves
  - Receive good dental care
  - Learn about my medications
  - Be more independent

**Spanish Version**

- **Goal Cards**
  - Experimentar mi comunidad
  - Ayudar a vestirme
  - Aprender a tomar decisiones saludables
  - Que mis padres tengan más tiempo para sí mismos
  - Tener a alguien que me ayude a encontrar y coordinar los servicios comunitarios
  - Aprender acerca de mis medicamentos
  - Recibir un buen cuidado dental
  - Ser más independiente
Manual

- Additional questions to help families clarify their goals
- Resources to get started
“Goal setting often feels like an exercise in ‘reverse engineering’ goals to simply justify a product or service... In order to purchase something with the [CLTS] waiver...our new case worker, she's always like, ‘Well, what would be the goal for purchasing that?’”

~ Frustrated Parent
With Goal Cards

“[The nurse] brought out the goal cards and it was a really positive experience...It was neat to have someone sort and make piles with [child]. It was tactile...and it was neat to see the ones she picked versus the ones I imagined she would pick.”

~ Pleased Parent
Engaging Children and Youth

In every environment in which we used the goal cards, parents mentioned that they were surprised to learn that their child had goals that they were not aware of.

Many parents identified goals that they had not thought of previously.
https://goalsforchildren.wisc.edu
Which categories of goals are you interested in considering? (Select all that apply)

- Communication (4 example goals)
- Community, Social, and School (9 example goals)
- Home and Family (9 example goals)
- Independence (6 example goals)
- Medical and Health (11 example goals)
- All of the above (39 example goals)
Which categories of goals are you interested in considering? (Select all that apply)

- Communication (4 example goals)
- Community, Social, and School (9 example goals)
- Home and Family (9 example goals)
- Independence (6 example goals)
- Medical and Health (11 example goals)
- All of the above (39 example goals)
Be part of my school

Yes, I am interested in this goal. ☐

No, I am not interested in this goal. ☐
Be part of my school

What school activities would you [your child] like to be more involved in? (Check all that apply)

- Mainstream classes
- Having lunch with other school mates
- Before/After school activities
- Something else
Be part of my school

What supports are needed in order to participate more fully? (Check all that apply)

- An identified peer buddy
- A paraprofessional aide
- A nurse
- Something else
What programs ask you to set goals?

<table>
<thead>
<tr>
<th>Program</th>
<th>Selection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth to 3 Program (Individualized Family Service Plan [IFSP])</td>
<td></td>
</tr>
<tr>
<td>Special Education Program (Individualized Education Program [IEP])</td>
<td></td>
</tr>
<tr>
<td>Medical Providers (Shared Plan of Care [SPoC])</td>
<td></td>
</tr>
<tr>
<td>Children’s Long-Term Support (CLTS) Waivers (Individual Service Plan [ISP])</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>
Your results are available in a few different formats.  
1. The goals you selected.  
2. The goals you selected with resources.  
3. The goals you selected with action steps.  
4. The goals you selected with resources and action steps.

View Goals  View Goals and Resources  View Goals and Action Steps  View Goals, Resources and Action Steps
Creating Goals for Children
goalsforchildren.wisc.edu

Date: __________
Name: __________

Programs that support children with special health care needs or disability ask families and children to create goals.

You indicated that your family is asked to create goals for the following programs:

- Special Education Program (Individualized Education Program [IEP])
- Children’s Long-Term Support (CLTS) Waivers (Individual Service Plan [ISP])

This tool helps families and children select goals. Below are the goals selected. Now it is the hope that programs supporting this child/youth can find ways to achieve these goals.
You selected a goal: **Be part of my school.**

- You indicated these are the areas to consider:
  - **Having lunch with other school mates**
  - **Before/After school activities**

- You [your child] may benefit from: **A paraprofessional aide.**
Goals Selected cont.

Resources:
• Here are two articles you may be interested in:
  o Including All Children: Health for Kids with Disabilities.
  o 10 Reasons to Support Inclusive School Communities for ALL Students.

Action Steps:
• Special education programs. School staff can offer suggestions and opportunities for students to be more engaged in the school’s activities.
Initial Reactions

“I think these are fantastic! They are an easy way to identify goals and to help generate new ideas for goals!”

“The site was well done, easy to follow, and complete. It didn't take a ton of time so I believe parents really can complete this within their schedules and not be another burden. I think the concept is wonderful!”
Every Entity Needs the Family/Child to Create Goals
Next Steps

- Keep listening to families
- Collaborate with providers
- Spread across Wisconsin
- Spread across the U.S.A.
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