



Goals for Children: Helping Families and Children Create Goals

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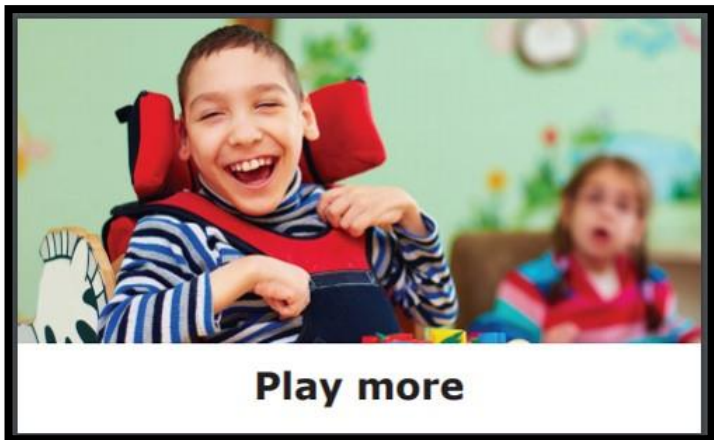


WISCONSIN DEPARTMENT
of HEALTH SERVICES



How can we help families?

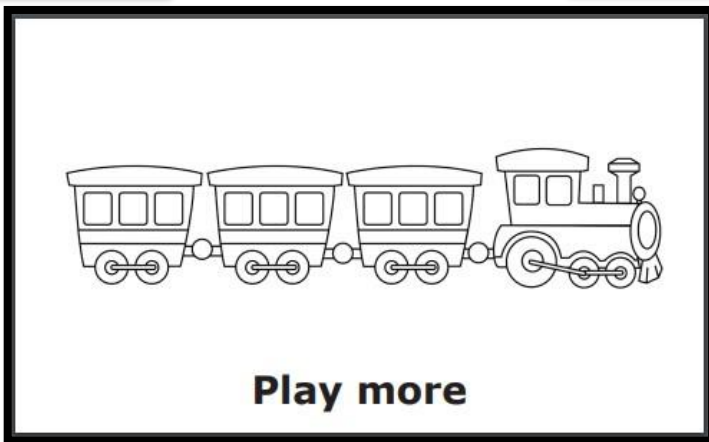
- Brainwritting exercise - How can we make sure goals are meaningful to families?
- Diabetes Center Copenhagen, Denmark
- Our initial set of goal cards had 60 cards
- About 45 families reviewed the goal cards
 - Keep it
 - Change it
 - Get rid of it



Photos

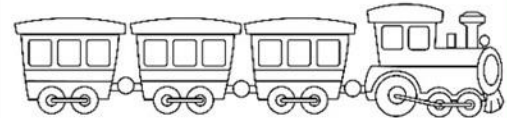


Images



Line Drawings

Play more



Community, Social, and School

39 Cards; 5 Categories

Learn how to tell others what I need



Communication

Get support for my brother(s) and sister(s)



Home and Family

Make new friends



Community, Social, and School

Have a hobby



Independence

Receive good dental care



Medical and Health

English and Spanish

 <p>Experience my community</p>	 <p>Have someone help find and coordinate community services</p>	 <p>Receive good dental care</p>
 <p>Help get myself dressed</p>	Goal Cards For Families	 <p>Learn about my medications</p>
 <p>Learn healthy choices</p>	 <p>Have my parent(s) have more time for themselves</p>	 <p>Be more independent</p>

English Version

 <p>Experimentar mi comunidad</p>	 <p>Tener a alguien que me ayude a encontrar y coordinar los servicios comunitarios</p>	 <p>Recibir un buen cuidado dental</p>
 <p>Ayudar a vestirme</p>	Tarjetas de metas para las familias	 <p>Aprender acerca de mis medicamentos</p>
 <p>Aprender a tomar decisiones saludables</p>	 <p>Que mis padres tengan más tiempo para sí mismos</p>	 <p>Ser más independiente</p>

Spanish Version

Manual

- Additional questions to help families clarify their goals
- Resources to get started



Without Goal Cards



“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>

CREATING GOALS FOR CHILDREN

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) ☐

CREATING GOALS FOR CHILDREN

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?

Birth to 3 Program (Individualized Family Service Plan [IFSP])

☐

Special Education Program (Individualized Education Program [IEP])

☐

Medical Providers (Shared Plan of Care [SPoC])

☐

Children's Long-Term Support (CLTS) Waivers (Individual Service Plan [ISP])

☐

Other

☐

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.



Goals

[View Goals](#)



**Goals and
Resources**

[View Goals and Resources](#)



**Goals and
Action Steps**

[View Goals and Action Steps](#)



**Goals, Resources 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.

Goals Selected



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:
 - [Including All Children: Health for Kids with Disabilities.](#)
 - [10 Reasons to Support Inclusive School Communities for ALL Students.](#)



Action Steps:



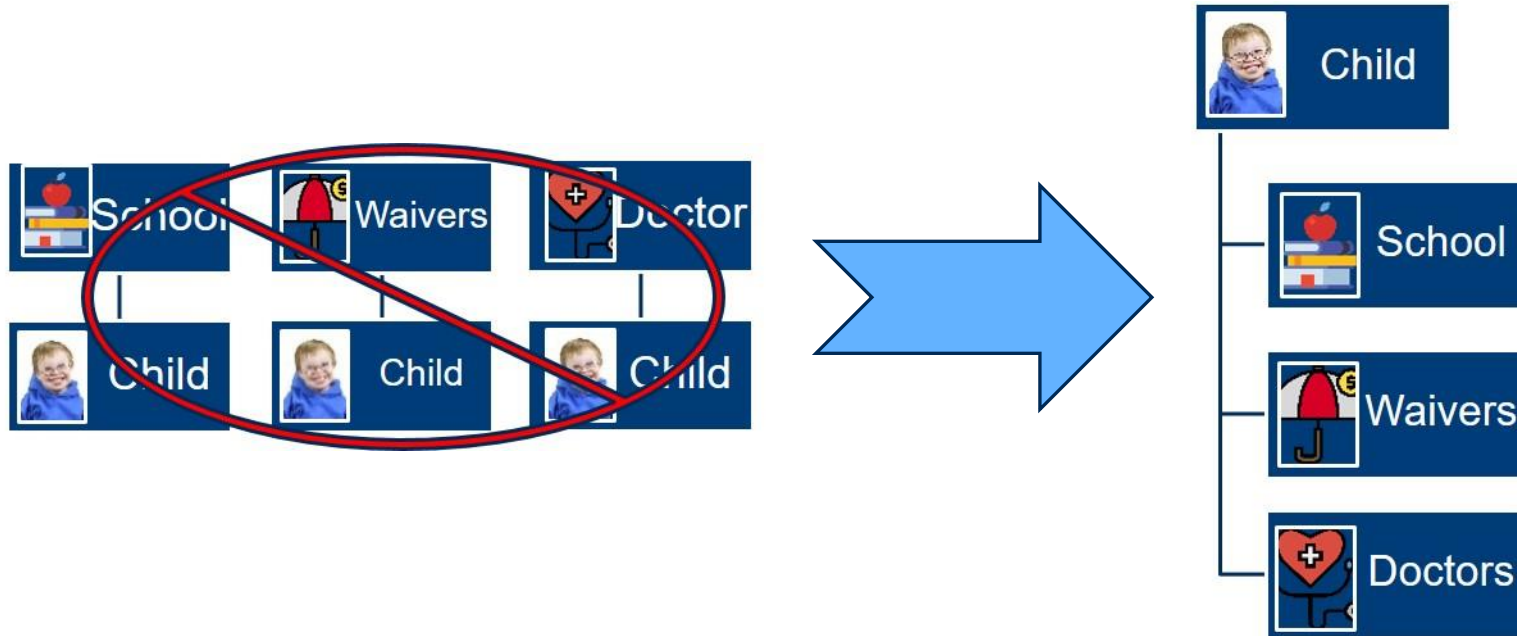
- Special education programs. School staff can offer suggestions and opportunities for students to be more engaged in the school's activities.

Initial Reactions

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

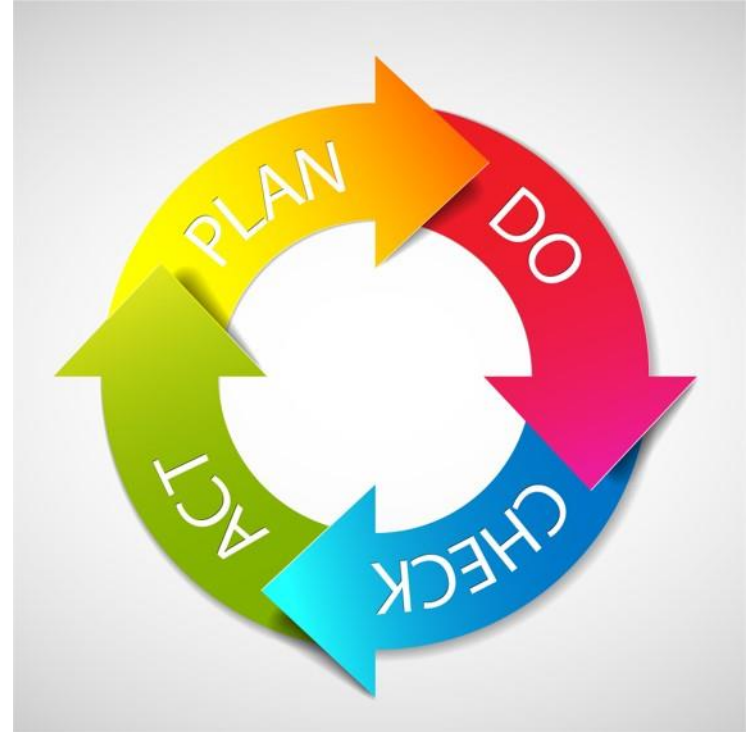
"The site was well done, easy to follow, and complete. It didn't take a ton of time so I believe parents really can complete this within their schedules and not be another burden. I think the concept is wonderful!"

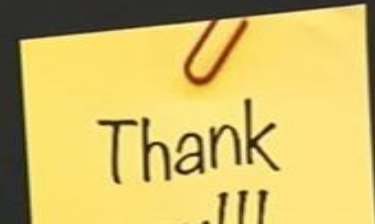
Every Entity Needs the Family/Child to Create Goals



Next Steps

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





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