

Healthcare Goal Planning

When planning for your transition you may identify tasks that you need to achieve or skills you want to learn. But how do you do that?

One way to complete a task or learn a new skill is to create a goal for yourself and break this down into steps. Each step should be specific, measurable, achievable, realistic, and timely (have a deadline).

When making goals it may be helpful to think about these questions

1. What are my healthcare goals?
2. What information do I need to meet my goal?
3. Do I need anything to enable me to reach my goal?
4. What may make it difficult for me to reach my goal?
5. Who can I ask for help to reach my goal?
6. What is the first step in working towards my goal?

For example:

My healthcare goal is to:

learn what medications I take and what they are for

Information i need:

Names of medication
Dose of medication
What I take them for

Things i need:

Word document
listing my
medication

Who i can I ask for help:

Parent/caregiver
GP
Specialist

Step	Description	Target date:	Completed:
Step 1	Talk to parent/caregiver about what medication I'm taking and write a list together	In 2 weeks time	Yes
Step 2	Make an appointment with my GP to talk about what each medication does	In 3 weeks time	Yes
Step 3	Create a word document listing my medication, dosage and reason I take them	In 4 weeks time	
Step 4		Target date:	Completed:

Healthcare Goal Planning

My healthcare goal is to:

Information i need:

Things i need:

Who i can I ask for help:

Step 1

Target date:

Completed:

Step 2

Target date:

Completed:

Step 3

Target date:

Completed:

Step 4

Target date:

Completed:

My healthcare goal is to:

Information i need:

Things i need:

Who i can I ask for help:

Step 1

Target date:

Completed:

Step 2

Target date:

Completed:

Step 3

Target date:

Completed:

Step 4

Target date:

Completed:

Healthcare Goal Planning

My healthcare goal is to:

Information i need:

Things i need:

Who i can I ask for help:

Step 1

Target date:

Completed:

Step 2

Target date:

Completed:

Step 3

Target date:

Completed:

Step 4

Target date:

Completed:

My healthcare goal is to:

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Who i can I ask for help:

Step 1

Target date:

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Target date:

Completed:

Step 3

Target date:

Completed:

Step 4

Target date:

Completed: