# Goals for Children: Helping Families and Children Create Goals

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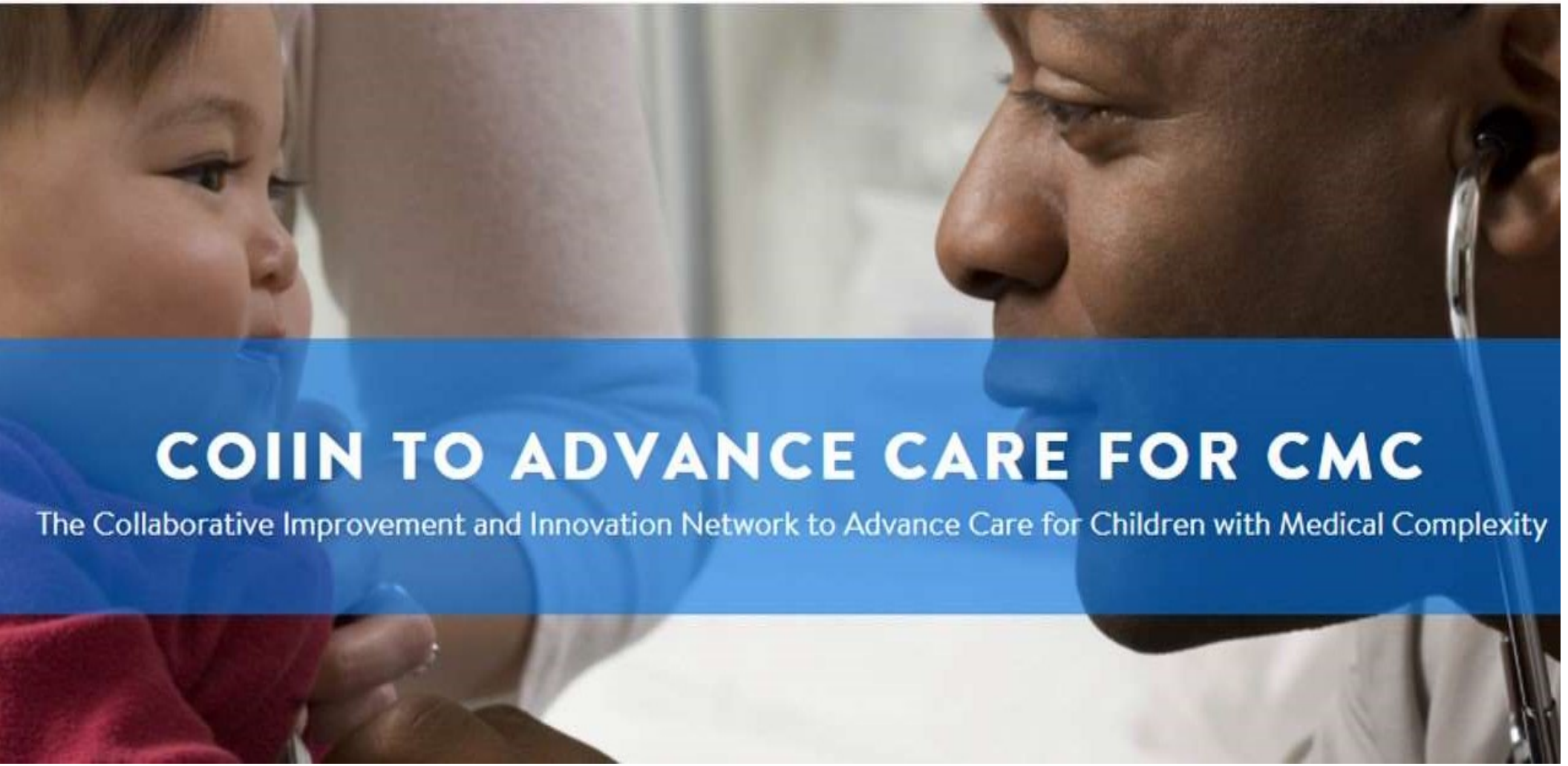
WISCONSIN DEPARTMENT of HEALTH SERVICES


COIIN TO ADVANCE CARE FOR CMC
The Collaborative Improvement and Innovation Network to Advance Care for Children with Medical Complexity

# CMC CoIIN in Wisconsin



- Title V Representative
- American Family Children's Hospital Complex Care Program
- Children's Wisconsin Complex Care Program
- Children and Youth with Special Health Care Needs (CYSHCN) Regional Centers, Medical Home
- Family Voices of Wisconsin
- Children's Long-Term Support (CLTS) Program
- Parents of children with medical complexity

# CMC CoIIN in WI



- Every child with medical complexity has a Shared Plan of Care (SPoC).
- Every child is connected to resources to meet unmet needs – CYSHCN Regional Centers.
- Every eligible child is on the CLTS Waiver.
- Families identified that improving goal setting and facilitating unified goals across entities is an important need.




# How can we help families?

- CoIIN brainwriting exercise - How can we make sure the SPoC 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

# Top Six Cards



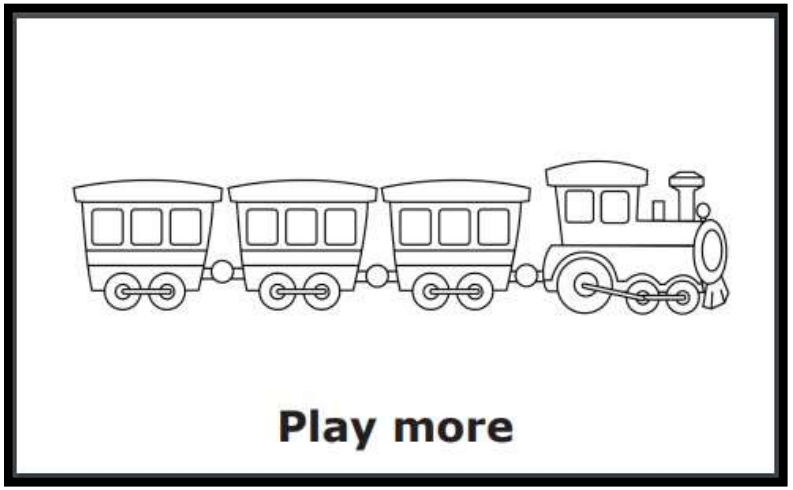
- Receive good dental care
- Get better sleep
- Have an accessible home
- Play more
- Support for my brothers and sisters
- Have transportation I can use with my family




Photos




Images

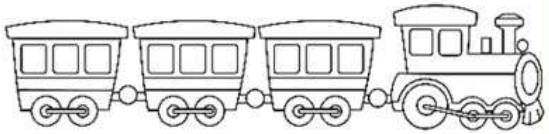



Line Drawings

# Play more







Community, Social, and School

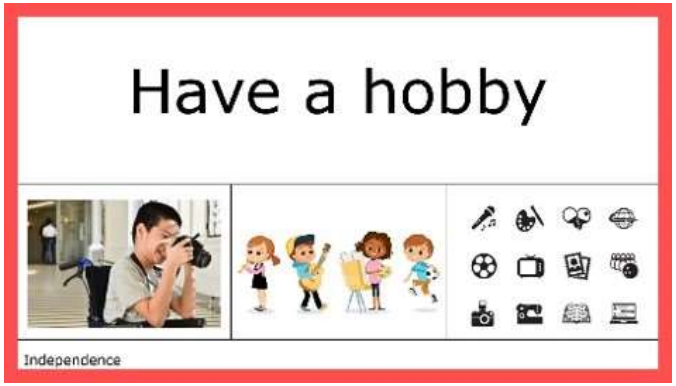
# 39 Cards; 5 Categories












# English and Spanish





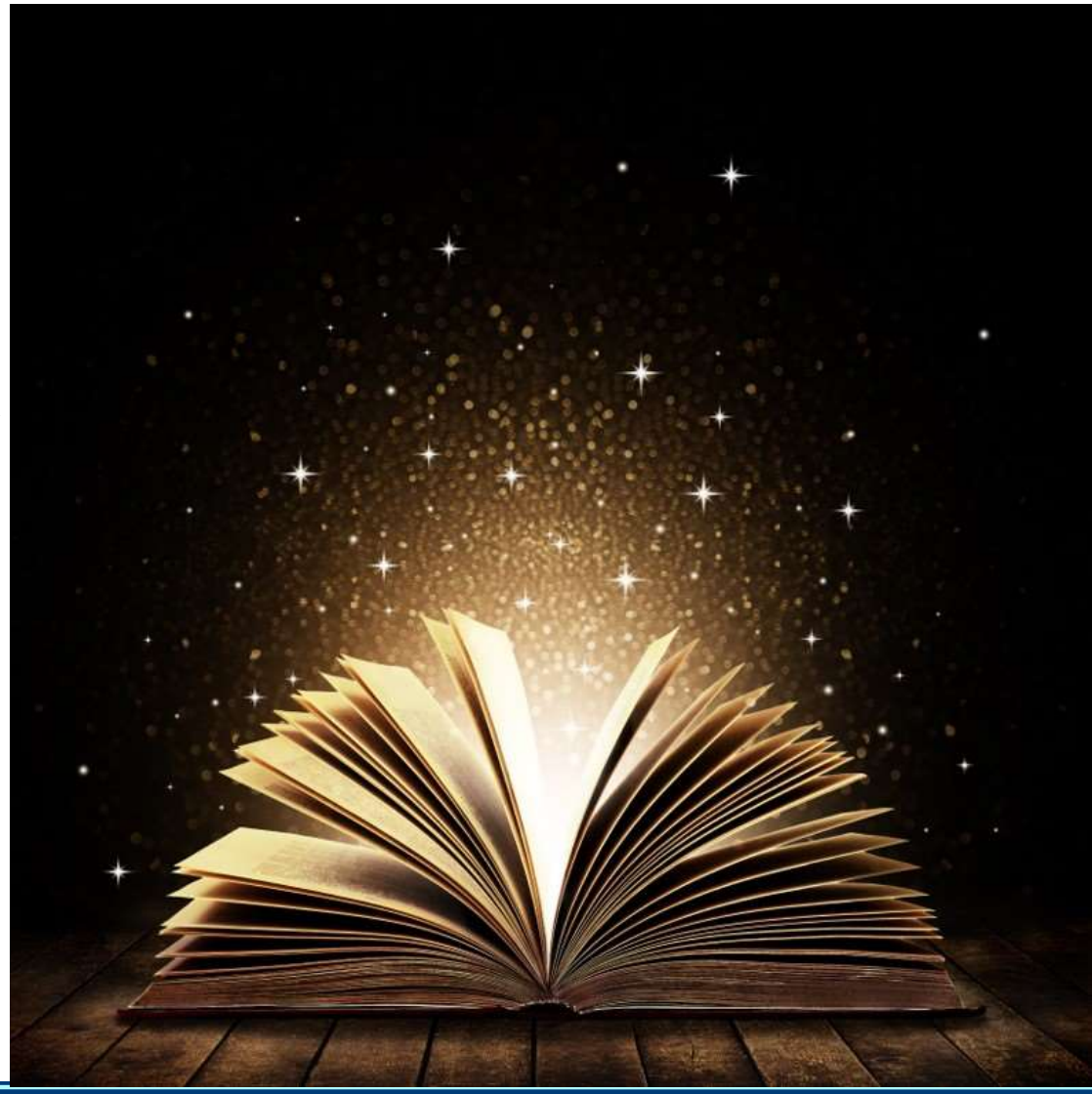


[English Version]

[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.


Goals for Children
12
3
6
9
CREATED USING




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) ☐

HRSA Maternal & Child Health | WISCONSIN UNIVERSITY OF WISCONSIN-MADISON | WAISMAN CENTER UNIVERSITY OF WISCONSIN-MADISON University Center for Excellence in Developmental Disabilities

## 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.



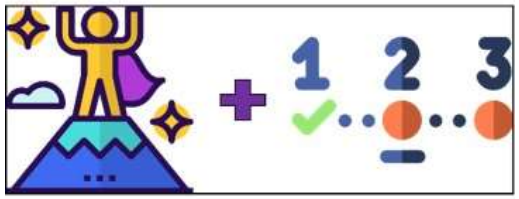
**Goals**

View Goals



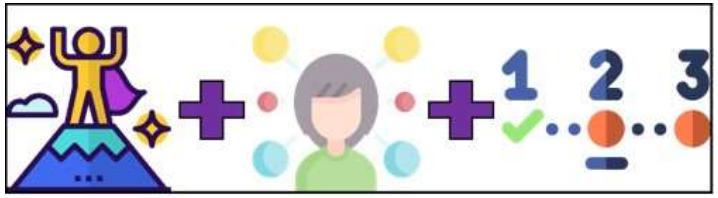
**Goals and Resources**

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.

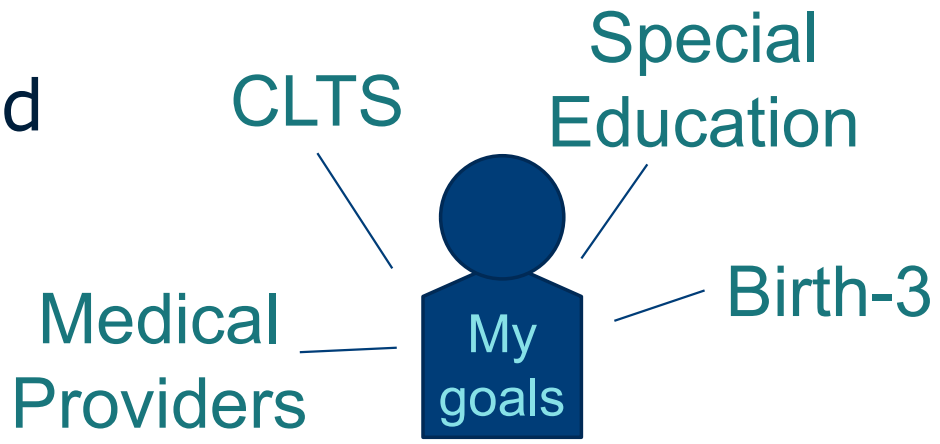
# Initial Reactions

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

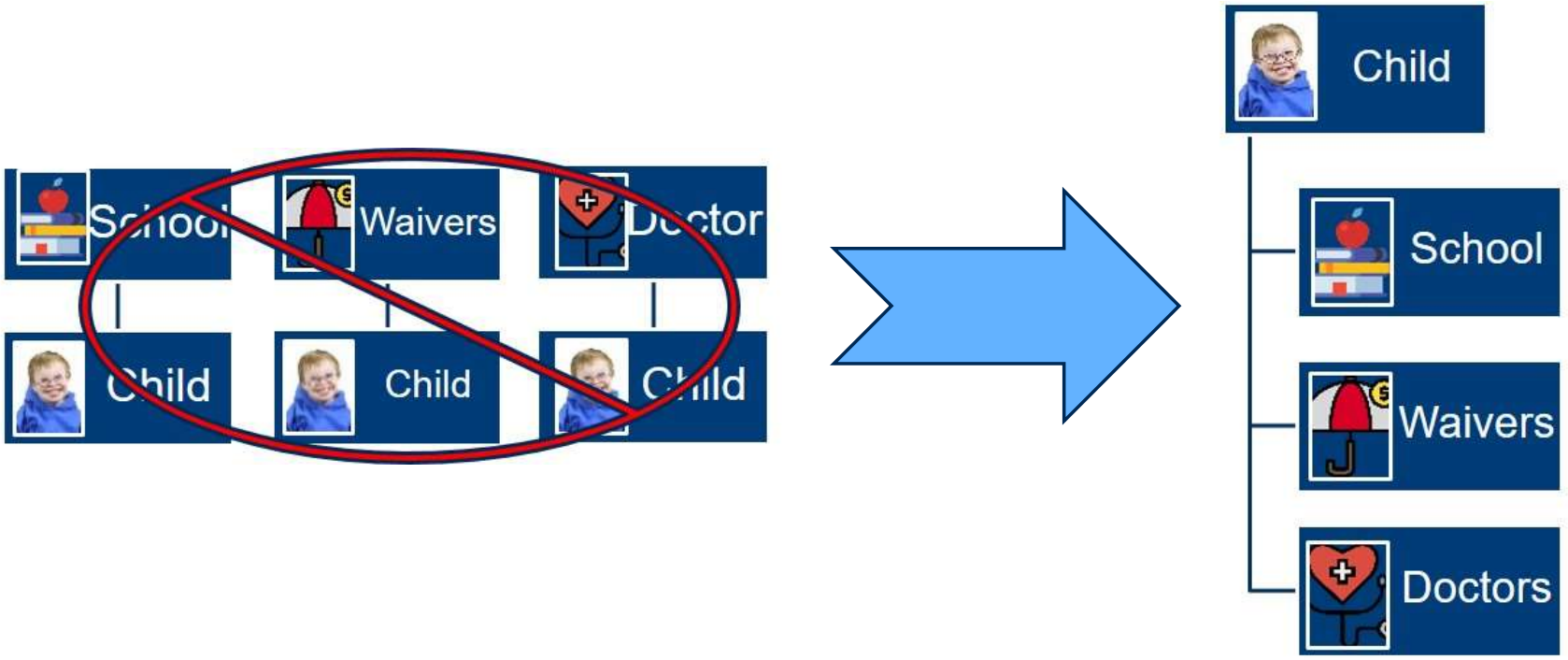
"The site was well done, easy to follow, and complete. It didn't take a ton of time so I believe parents really can complete this within their schedules and not be another burden. I think the concept is wonderful!"

# Evaluation

- Survey at the end of the online application
- Feedback from Complex Care Programs
- Piloting with CLTS Waivers
- Two systems, one child
- Three systems, one child



# Every Entity Needs the Family/Child to Create Goals



# Wisconsin




- 120,000 children in **Special Education** (421 public school districts)
- 5,175 children in **Birth-to-Three**
- 12,000 children served by **Medicaid Waivers** (72 counties and 11 tribal nations)
- 1,000 children with medical complexity in three **Complex Care Programs**

# Professionals

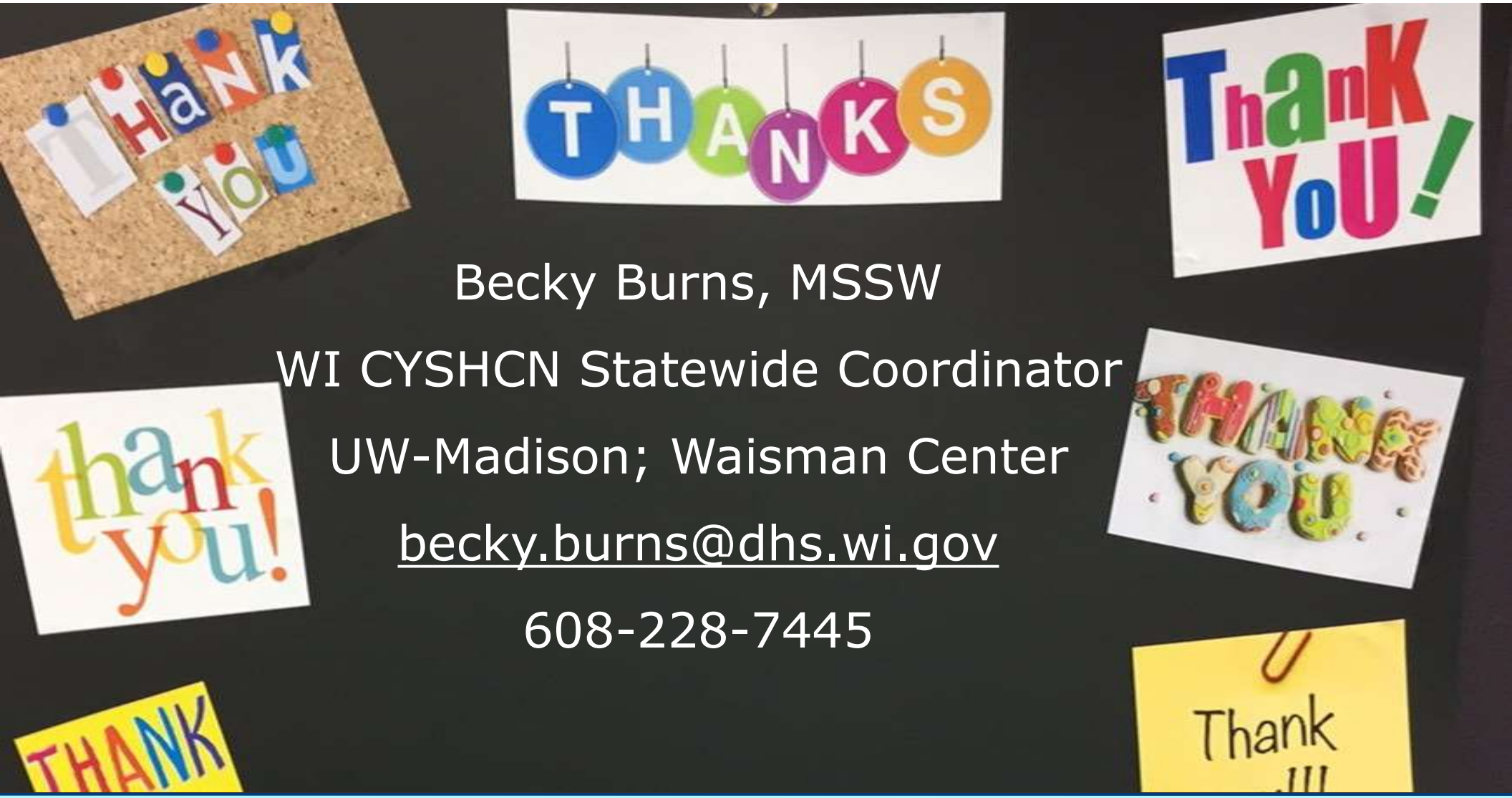
- How to support families who bring goals to a meeting.
- How to take a general goal and customize it for services and supports your program can provide.
- How to support families with goals not directly met by your program.



# Next Steps

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



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