

PLACES INC. SLP SERVICE GOALS AND SKILLS

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PLACES SLP PERSONAL LIVING SKILLS 1

Hygiene GOAL The client follows routine personal care for cleanliness, grooming and sanitary self care

- Brushes teeth after meals or at regular times.
- Regular use of grooming products: deodorant, hair care, moisturizers
- Checks self in mirror after grooming
- Regular purchase of self care hygiene products.
- Puts on/takes off make up
- Gets hair cut from a barber or hair stylist
- Uses toilet when needed
- Cleans faces, washes hands, appears clean
- Uses only his/her personal belongings such as; underclothing, eating utensils and/or grooming products
- Knows how to stock up on needed hygiene products
- Combs/brushes hair, washes hair
- Keeps nails in good order/trims hangnails
- Knows skills to guard against unpleasant odors
- Aware of basic skills related to personal hygiene on a daily basis

PLACES SLP PERSONAL LIVING SKILLS 2

Health and Wellness The client engages in behavior that creates good health: (diet, nutrition, exercise, proper rest, accessing health care, etc.). The client limits harmful/risky behaviors injurious to health such as drug/alcohol abuse, obesity, smoking, at risk sexual behavior, and neglect of self.

- Exercises regularly to keep fit.
- Eats healthy meals at regular times during the day
- Takes medications prescribed as ordered
- Self treats minor cuts, burns, scratches, or injuries with first aid products
- Gets sufficient sleep
- Lives in clean environment with proper ventilation and climate control

PLACES SLP PERSONAL LIVING SKILLS 3

Diet and Nutrition GOAL The client prepares or has access to meals that are affordable, healthy and nutritious.

- Access to or prepares meals each day
- Knows foods essential to healthy diet
- Prepares a variety of foods during weekly meal planning
- Operates food preparation appliances safely (oven, stove, microwave, grill, etc.)
- Cleans up kitchen after meals
- Safe storage of foods
- Throws away spoiled foods, scraps, and garbage. Proper disposal
- Saves leftovers for other meals.

PLACES SLP PERSONAL LIVING SKILLS 4

Laundry and Clothing GOAL The client wears appropriate and clean clothing. Client engages regular care, washing, mending, and acquisition of clothing.

- Has access to washer/dryer
- Knows how to sort clothing for correct washing of clothes
- Measures detergent appropriate for load
- Knows when clothing needs laundering or mending
- Wears clean clothing
- Wears clothing appropriate to season and weather
- Has adequate wardrobe/supply of clothing
- Sorts, folds, and stores clothing after laundering

PLACES SLP PERSONAL LIVING SKILLS 5

Shopping Goal: The client identifies and shops for consumer needs. Chooses products necessary and within budget

- Aware of consumer needs and stores to acquire such items.
- Makes appropriate choices when shopping regarding size, number, need, and cost.
- Can access shopping venues with reliable mode of transportation
- Plans for purchases in advance with shopping list that conforms to a budget
- Shops for items with economy and quality in mind
- Shops for sufficient number of items that will sustain client thru the week.
- Access food pantry or food bank when/if personal food stock is low or insufficient

PLACES SLP PERSONAL LIVING SKILLS 6

Medication Assistance Goal: The client manages regular use of prescriptions with regard to dosage, frequency and on time.

- Client takes all prescribed medications
- Has a reliable system to remind self of taking all prescribed meds on time
- Client is aware of the medications precautions and side effects of his/her prescribed medications
- Client has a written record of medications
- Client appreciates the value and importance of taking all prescribed medications
- Client reports any unwanted, negative side effects to caregiver, case manager or physician
- Client allows for ample time for all prescribed medications to be refilled so that no lapse of dosage occurs
- Client does not self medicate nor change medication regimen on his/her own
- Client has a pharmacy that is convenient, reliable, and accessible to most medication needs

PLACES SLP Clean and Sober Living SKILLS 7

Clean and Sober Living GOAL: The individual manages time and actions so as to engage in activities free of alcohol and or drug abuse, dependence or addiction.

- Has a social support system in recovery community
- Engages in at least one weekly Twelve step Recovery meeting.
- Attends /plans for social activities that are enjoyable and satisfying without use of drugs or alcohol
- Able to set personal limits to peer pressure to avoid relapsing
- Has social skills to build relationships free of alcohol/drug use.
- Communicates with a sponsor/social support person any upsets, problems, or frustrations
- Maintains a set of attitudes, values and behavior that strengthen resolve to remain free of AoD
- Capacity to personally solve problems/soothe self to remain free of AoD.
- Purposefully manages leisure time in a productive manner
- Linked to outpatient/ in patient AoD program.

PLACES SLP HOME LIFE SKILLS 8

Maintain Housing Goal: The client complies and cooperates with all requirements to keep and maintain housing

- _____ Client self manages behavioral/personal problems to keep and maintain housing
- _____ Client pays all monthly expenses such as rent and utilities on time
- _____ Client complies with the requirements, limitations and conditions of a lease
- _____ Client has housing which is affordable, to his/her liking, and accessible to community resources such as shopping, employment, public transportation
- _____ Client cooperates with MI/SA support, therapy, and medication services so that he/she maintains housing.
- _____ Client applies skills to keep his/her housing with regard to house cleaning, passing inspections, budgeting, and positive interpersonal skills with neighbors.
- _____ Client reports any signs or symptoms of destabilization to caregivers and community support persons. To avoid eviction and homelessness.

PLACES SLP HOME LIFE SKILLS 9

Housekeeping and Home Maintenance Goal: The client keeps an organized, clean, and stable personal living environment in good repair

- _____ Picks up litter and trash; throws it away; empties garbage and trash cans
- _____ Mops floors, vacuums carpet
- _____ Sets thermostat to a comfortable level
- _____ Kitchen counter is a tidy workstation
- _____ Sweeps up/wipes up spills
- _____ Bathrooms, tubs, sink, toilet are clean
- _____ Cabinets and cupboards are clean and organized
- _____ Controls for rodents, insects, mold, mildew, etc.
- _____ Furniture in repair with no dangerous tears
- _____ Oven and refrigerator are clean
- _____ Residence in general good repair
- _____ Knows who to call to assist in repair or cleaning if needed

PLACES SLP COMMUNITY LIFE SKILLS 10

Social Skills GOAL The client possesses the skills to successfully interact with others in the community: with friends, with family and casual acquaintances.

- _____ Pays attention to other in Pays attention to others in conversation by listening and good eye contact
- _____ Starts a conversation, keeps it flowing, asks questions of others
- _____ Joins in conversation and or activity
- _____ Able to introduce self/others
- _____ Can ask a question and gain information
- _____ Enjoys satisfying activity
- _____ Takes turns and allows others to enjoy an activity or conversation
- _____ Good sportsmanship and manners toward other group members.
- _____ Able to make decisions and follow thru with action
- _____ Exercise good judgment and discernment
- _____ Tolerates (interacts with others who have differences)
- _____ Able to have a difference of opinion in a calm way
- _____ Exercises personal opinions, ideas
- _____ Avoids trouble with others. Able to walk away from upsetting situations
- _____ Say "Thanks", "Excuse me", "How do you do", or "I'm sorry" when called for
- _____ Offers support, encouragement, sympathy to others who feel badly
- _____ Takes constructive criticism or redirection
- _____ Knows personal interests and schedules personal activities
- _____ Able to give and receive help
- _____ Waits for others to finish speaking before beginning to speak

PLACES SLP COMMUNITY LIFE SKILLS 11

Transportation Goal: The client accesses public or private modes of transportation for personal needs and to live independently.

- Client has means and resources to access the community
- Client is aware of and uses all available modes of transportation both public and private to meet personal needs.
- Client can read and follow a bus schedule
- Client understands and follows with 100% accuracy the protocol for bus travel
- Client prepares for transportation needs well in advance so as to keep scheduled appointments and be on time for work or school
- Client self manages behavioral symptoms of mental illness to avoid negative experiences on public transportation

PLACES SLP COMMUNITY LIFE SKILLS 12

Recreation and Leisure Goal: The client seeks outlets for constructive use of leisure time and is satisfied with a variety and type of recreational activity.

- Identifies and knows preferred recreational/leisure (RL) interests and opportunities
- Involved in at least two hobbies or interests to occupy RL time
- Capacity to self manage symptoms of mental illness so as to participate in RL
- Can plan a broad range of RL activities along different settings, types, and locations
- Can identify current and past likes and dislikes for RL activities
- Finishes a RL activity to it's completion
- Plans RL activities not tied to illegal activity nor to substance abuse
- Possesses social skills essential to positive RL involvement with others
- Able to follow rules of a game, takes turns, shares with others during RL pursuit
- Chooses RL activities that are affordable and accessible to the client

PLACES SLP SUPPORT LIVING SKILLS 13

Budgeting and Money Management GOAL: The client will establish a weekly or monthly budget so that expenses do not exceed income.

- Has knowledge of ALL monthly/weekly expenses written down
- Writes out on paper a basic budget to direct spending
- Ability to access and use banking services
- Has a system to pay bills by check, money order, or draft on account so as to keep a record.
- Client evidences control over spending. (ie overdraw on account, impulse buying etc.)
- Seeks assistance when needed in money or financial management
- Has a plan to supplement income when needed by legal means (savings, employment, credit)
- Engages all possible means to economize on expenses.
- Ability to apply consumer skills for smart shopping (use of sales, coupons, comparative buying etc.)
- Applied for financial assistance/ entitlement programs available to assist in financial support
- Takes steps to ensure an acceptable credit history or credit score.

PLACES SLP SUPPORT LIVING SKILLS 14

Linkage to Entitlements Goal: The client is able to take steps to seek, apply for and follow through with accessing available community assistance and resources.

- Client is aware of and motivated to seek available financial and support entitlements
- Client is allied with natural supports and/or professional supports to assist in advocating for entitlements
- Client organizes records (identification, medical, personal papers) in preparation to apply for or meet requirements in being linked to receive entitlement support
- Client attends all appointments and meetings that are necessary in seeking entitlement
- Client Complies with requirements and cooperates in the process of security entitlements

PLACES SLP SUPPORT LIVING SKILLS 15

Service Linkage Goal: The client is linked to necessary and suitable service agencies so as to live independently

- _____ Client is able to communicate needs, interests and preferences for needed social/mental health/support services
- _____ Client chooses service providers that are to his/her liking and capable of delivering benefit to the client's needs
- _____ Client speaks up for and actively assists in the planning of services to be provided
- _____ Client enlists the support of family, friends or providers to assist in advocating for the needs of the client in the mental health, welfare, and/or social support system
- _____ Client knows of suitable private or public access resources to secure needed services to assist in living independently in the community

PLACES SLP SUPPORT LIVING SKILLS 16

Appointments Goal: The client manages time to arrive for scheduled appointments. The individual is motivated to attend or make needed medical/mental health service appointments

- _____ Client writes down all scheduled appointments on a calendar and reviews appointments calendar so as to show for appointment
- _____ Client recognizes the importance of keeping appointments and takes action to attend all scheduled appointments
- _____ Client calls in advance to cancel appointments that he/she cannot keep
- _____ Client prepares in advance to attend appointment
- _____ Client recognizes the signs and symptoms of an urgent need and takes action to schedule an appointment
- _____ Client has communication skills to express needs, concerns, and problems to service providers

PLACES SLP SUPPORT LIVING SKILLS 17

Education/Employment Goal: The client has training, skills and attitudes to earn an income. The person manages personal/psychological problems to engage in work or school. The individual has a desire to advance or maintain his or her role in an occupational or educational setting.

- _____ Aware of job skills and talents to pursue employment
- _____ Able to identify implement at least 3 work behaviors to sustain employment
- _____ History of success in school; possible interest in more education
- _____ Able to manage symptoms of MI/SA to keep at a job or school setting
- _____ Aware of and applies behaviors that contribute to keeping a job
- _____ Has workplace etiquette and willingness to follow rules on the job
- _____ Dresses and grooms appropriately for the workplace
- _____ Productive interpersonal relationships among co-workers
- _____ Takes satisfaction in achieving success at school/on the job
- _____ Takes steps to improve weaknesses or deficits at school/in the job