



WISCONSIN DEPARTMENT
of HEALTH SERVICES

GOAL CARDS

A MANUAL FOR PROVIDERS AND CARE TEAM MEMBERS

Contents

Introduction	3
SMART goals	3
Using goal cards during telemedicine visits	4
Invitation for families	4
General Resources	5
Children and Youth with Special Health Care Needs Regional Centers	5
Well Badger Resource Center Searchable Database.....	5
Children’s Long-Term Support (CLTS) Waiver Provider Directory.....	5
Communication Goals (4 cards)	6
Have others listen and understand me	6
Improve my ability to communicate.....	7
Learn how to tell others what I need	8
Understand and express my feelings	9
Community, Social, and School Goals (9 cards)	10
Be part of my school.....	10
Be safe in my environment.....	11
Experience my community	12
Feel like I belong in my community	13
Get help at school with _____.....	14
Go to camp without my parents	15
Make new friends	16
Play more.....	17
Reduce behaviors that hurt others.....	18
Home & Family Goals (9 cards)	19
Find a care provider to help at home.....	19
Get support for my brother(s) and sister(s)	20
Have an accessible home	21
Have my parent(s) spend more time by themselves	22
Have someone help find and coordinate community services.....	23
Have transportation I can use with my family.....	24
Help get myself dressed.....	25

Improve my hygiene.....	26
Take vacations.....	27
Independence Goals (6 cards).....	28
Accept my differences.....	28
Be more independent.....	29
Be treated with respect	30
Have a hobby	31
Make my own decisions.....	32
Use technology.....	33
Medical & Health Goals (11 cards)	34
Access more therapy opportunities.....	34
Describe pain and other physical symptoms.....	36
Get better sleep.....	37
Have equipment that is made for me	38
Have fewer medical appointments.....	39
Learn about my medications	40
Learn healthy choices	41
Learn how to use my equipment / supplies	42
Make the switch to the adult health care system.....	43
Receive good dental care	44
Spend less time in the hospital	45

Introduction

Some families find it challenging to think of goals for, or with, their children during medical appointments, school meetings or meetings with their county service coordinators. These decks of 39 goal cards are intended to help with this challenge. Developed in 2019 as part of Wisconsin's participation in a national project designed to reduce unmet needs in children with medical complexity and their families, the cards are available to be shared with families during an appointment to help create meaningful goals for a child's shared plan of care. The goals are grouped into five goal areas: communication; community, social and school; home and family; independence; and medical and health. Three decks of the same goals with different images are available: one with photographs of children and youth, one with representative images, and one with line drawings. Care teams may select to use the deck with images that best fits their population.

One suggested approach to using the cards involves handing the family a deck and asking that they sort the cards into two piles: those with goals they are interested in, and those they are not. Families are then asked to prioritize the top one to three goals in the pile that was of interest to them. This process may be repeated at future visits. There is no expectation that families select a specific goal from these cards. Rather, they are to be a guide for beginning a conversation on identifying goals that are appropriate for their child and a catalyst for conversation about goals in general. Families may choose one or several of these goals, modify any of them, or choose goals not included in the deck.

It should be noted that there is a difference between hopes and dreams versus actionable goals. Examples of hopes and dreams may be, "I want my child to reach their fullest potential," or "I want my child to grow up and be happy." The design of these cards and this activity is to create actionable goals which may mean breaking down hopes and dreams into smaller goals, or next steps.

What happens if a family selects a goal that does not at first seem directly related to your team's role? This is an opportunity to think creatively, and to break down each goal into specific skills or requirements that contribute to it. For instance, if a family selects the goal, "Play more," what factors from your area of expertise might help the child do this? In a medical setting, might the child need portable medical equipment so that trips to the neighborhood park are feasible? Might the family benefit from regular respite care? Discuss these possibilities with the child and family to determine how you can best help them in working toward the goal.

This manual lists each of the 39 goals, along with the accompanying images in the 3 decks. Each goal is followed by questions to consider asking families to better understand why that goal was selected. Goal-specific resources are also included.

SMART goals

The goals on these cards may be formatted into a SMART goal. SMART is an acronym, standing for:

S – Specific

When setting a goal, be specific about what you want to accomplish. Here are some things to consider:

Who — Who needs to be involved to achieve the goal?

What — What you are trying to accomplish?

Why — Why do you want to achieve this goal?

M – Measurable

How will you know that you have meet the goal? This makes a goal more tangible because it provides a way to measure progress. If it's a longer-term goal, then set some milestones by considering specific tasks to accomplish.

A – Achievable

Think about how to accomplish the goal and if you have the tools/skills needed. If you don't currently possess those tools/skills, consider what it would take to attain them.

R – Realistic

The goal needs to be realistically achieved given the available resources and time. A goal is likely realistic if you believe that it can be accomplished.

T – Timely

Anyone can set goals, but if it lacks realistic timing, chances are you're not going to succeed. If the goal is not time constrained, there will be no sense of urgency and motivation to achieve the goal.

SMART Goal Examples

If a family selected the goal card "Go to camp without my parents," a SMART goal may be that Mrs. Smith will complete and mail two camp applications between July 21 (today's visit) and August 21 (next visit). Another option that involves support from the health care system might be that Dr. Brown will identify four options to order a more durable wheelchair for the patient between July 21 (today's visit) and August 21 (next visit).

Using goal cards during telemedicine visits

The goal cards are available online, both in [English](#) and [Spanish](#). If screen-sharing technology is available within the telemedicine platform it can be helpful to have the link to the goal cards pulled up in advance so the cards can be viewed together during the visit. Sending the link to the goal cards a few days in advance can allow families to review the cards prior to the visit when they have time.

Invitation for families

Consider letting families know in advance that use of the goal cards will be part of the discussion at an upcoming visit. Parents may appreciate the opportunity to have some time to think of goals before coming in for an appointment. Convey to families that the cards are intended to make goal identification easier, and perhaps even help them think of goals they might not have otherwise considered. If none of the goals fit their situation, families are always welcome to develop other goals that are more meaningful to them. Take a moment to explain to families the difference between hopes and dreams versus actionable goals. It is always nice to have some of both.



General Resources (applicable as a first step in identifying community resources for most goals)

Children and Youth with Special Health Care Needs Regional Centers

Wisconsin has five regional centers that support families of children and youth with special health care needs and the providers who serve them. Their services are free and confidential. Each regional center is staffed during business hours by specialists who can help get answers, find services, connect you to community resources, and provide support in family leadership and advocacy. Additional information, including links to programs and services, can be found at the Wisconsin Department of Health Services (DHS), Children and Youth with Special Health Care Needs Program website: www.dhs.wisconsin.gov/cyshcn/index.htm

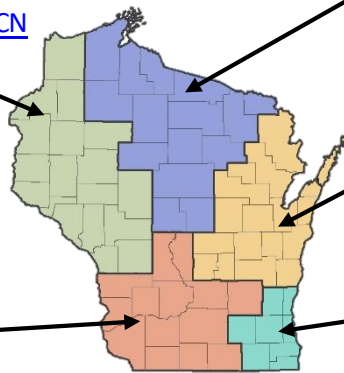
Wisconsin's five Regional Centers for Children and Youth with Special Health Care Needs

WESTERN REGIONAL CENTER

Website: www.co.chippewa.wi.us/CYSHCN
Phone: 800-400-3678
Email: wrccyshcn@co.chippewa.wi.us

SOUTHERN REGIONAL CENTER

Website: www.waisman.wisc.edu/cshcn
Phone: 800-532-3321
Email: cyshcn@waisman.wisc.edu



NORTHERN REGIONAL CENTER

Website: www.northernregionalcenter.org
Phone: 866-640-4106
Email: specialneedsinfo@co.marathon.wi.us

NORTHEAST REGIONAL CENTER

Website: www.northeastregionalcenter.org
Phone: 877-568-5205
Email: infornerc@chw.org

SOUTHEAST REGIONAL CENTER

Website: www.southeastregionalcenter.org
Phone: 800-234-5437
Email: serc@chw.org

Well Badger Resource Center Searchable Database

Visit wellbadger.org to search thousands of health programs and services available in Wisconsin. All information in the Well Badger directory has been vetted and verified.

Families: Use the search bar to find services in your area OR click "Health Topics" to browse all available services. Click "Get Help Now" to connect with a certified resource specialist.

Professionals: Visit our "Professionals" page to add or edit your program's information or to order promotional materials.

Children's Long-Term Support (CLTS) Waiver Provider Directory

Search for provider information by service. Providers of Children's Long-Term Support (CLTS) Waiver Services will be continually updated and maintained by DHS and the county agencies.

<https://www.dhs.wisconsin.gov/clts/find-service.htm>



Communication Goals (4 cards)

General Resources:

- School-based speech and language services
<https://dpi.wi.gov/sped/program/speech-language>
- Clinic-based speech and language services
- Department of Public Instruction Assistive Technology Resources
<https://dpi.wi.gov/sped/educators/consultation/assistive-technology/resources>
- Waisman Center; Communication Aids & Systems Clinic (CASC)
<https://www.waisman.wisc.edu/clinics/communication-aids-systems-casc/>

Have others listen and understand me



Questions to consider:

- In what settings are you not being listened to?
- In what settings are you not being understood?
- What is getting in the way of communicating with others?
- What specific skills can increase your chances of being heard?
- What specific skills can help you be better understood?
- What skills can others (name specific people) develop to assist you?
- Are there devices, aides and technologies that could help you?

Resources:

- If enrolled in the CLTS Waiver; see Assistive Technology and Communication Aids
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Your child's IEP team
<https://dpi.wi.gov/sped>
- Language and Speech Disorders in Children (article)
<https://www.cdc.gov/ncbddd/childdevelopment/language-disorders.html>
- See General Resources, under Communication Goals (4 cards)

Improve my ability to communicate



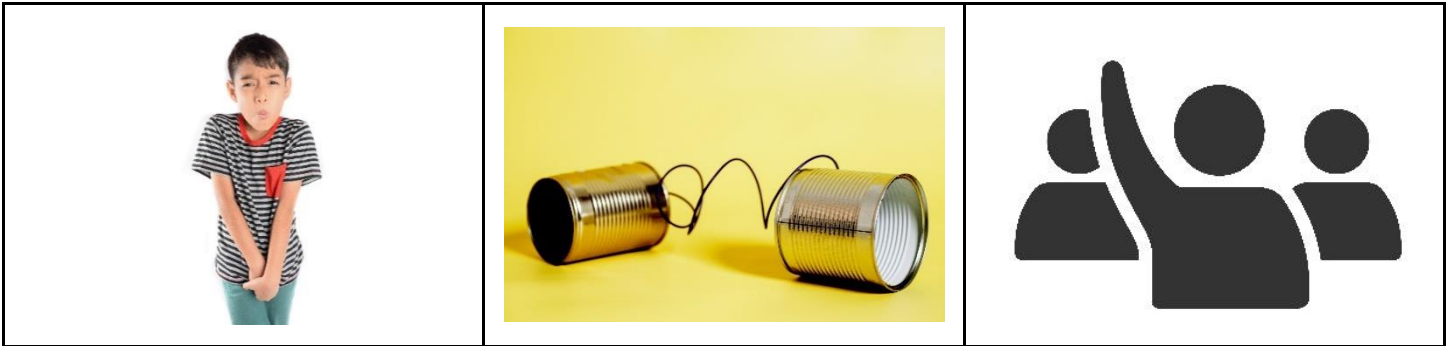
Questions to consider:

- In what ways are you communicating now (spoken, device, gestures, sign language, etc.)?
- What specifically about your ability to communicate do you want to improve?
- What specific skills can you develop to help achieve this goal?
- What skills can others develop to better assist you?
- What devices, aides and technologies can help you be heard and understood?

Resources:

- If enrolled in the CLTS Waiver; see Assistive Technology and Communication Aids
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Your child's IEP team
<https://dpi.wi.gov/sped>
- Private speech therapy
- Language and Speech Disorders in Children (article)
<https://www.cdc.gov/ncbddd/childdevelopment/language-disorders.html>
- See General Resources, under Communication Goals (4 cards)

Learn how to tell others what I need



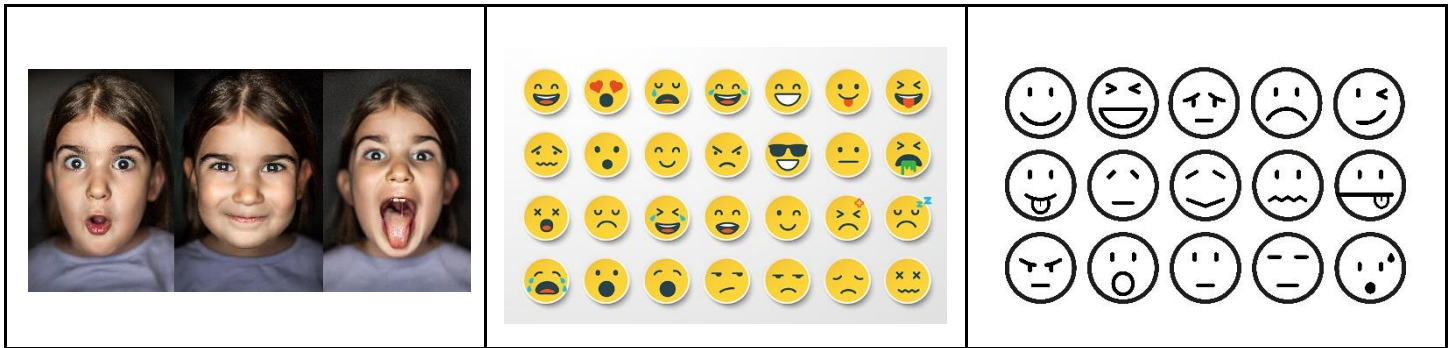
Questions to consider:

- How are you currently telling others what you need?
- What ways would you like to communicate your needs?
- What specific skills can you develop to help achieve this?
- What skills can others (name specific people) develop to assist you?
- What devices, aides and technologies can help you tell others what you need?

Resources:

- If enrolled in the CLTS Waiver; see Assistive Technology and Communication Aids
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Your child's IEP team
<https://dpi.wi.gov/sped>
- Private speech therapy
- Language and Speech Disorders in Children (article)
<https://www.cdc.gov/ncbddd/childdevelopment/language-disorders.html>
- Self-advocacy (article)
<https://www.understood.org/pages/en/friends-feelings/empowering-your-child/self-advocacy/>
- Teaching Self-Advocacy (article)
<https://esme.com/resources/special-needs/teaching-self-advocacy>
- See General Resources, under Communication Goals (4 cards)

Understand and express my feelings



Questions to consider:

- Can you identify the six basic emotions (anger, disgust, fear, happiness, sadness and surprise) in others and/or yourself?
- How do you express your feelings now?
- In what ways would you like to express them?
- What specific skills can you develop to help recognize, understand and communication feelings?
- What skills can others (name specific people) develop to assist you?
- Are there devices, aides and technologies that could help you?

Resources:

- Wisconsin Family Ties
800-422-7145
www.wifamilyties.org/
- Mental Health America of Wisconsin
866-948-6483
<https://www.mhawisconsin.org/>
- NAMI Wisconsin
800-236-2988
<https://namiwisconsin.org/>
- Kids Mental Health
www.kidsmentalhealth.org/behavioral-therapy-for-children-with-emotional-disorders/
- Wisconsin Department of Health Services; Mental Health: Children
<https://www.dhs.wisconsin.gov/mh/children.htm>
- Know Your Emotions (video)
<https://www.youtube.com/watch?v=cKQIOVjxmf8>
- See General Resources, under Communication Goals (4 cards)

Community, Social, and School Goals (9 cards)

Be part of my school



Questions to consider:

- What school activities would you like to be more involved in?
- Are there clubs or after-school activities available at your school?
- What supports do you need in order to fully participate?
- How can you or your family get the necessary supports?

Resources:

- School staff
- Your child's IEP team
 - <https://dpi.wi.gov/sped>
- Including All Children: Health for Kids With Disabilities (article)
 - <https://www.actionforhealthykids.org/including-all-children-health-for-kids-with-disabilities/>
- 10 Reasons to Support Inclusive School Communities for ALL Students (article)
 - <https://ici.umn.edu/products/briefs/inclusive-school-communities-10-reasons/#Cover>

Be safe in my environment



Questions to consider:

- What are the environments where safety is an issue for you?
- Are there skills you can learn to improve your safety?
- Are there things in your environment(s) that you can change to improve your safety?
- What supports do you need from others in order to be safe?
- How can you get necessary supports?

Resources:

- If enrolled in the CLTS Waiver; see Community Integration Services and Mentoring
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- ABC's of Safety (video)
<https://www.youtube.com/watch?v=rMGDJIGmfbo>
- Consent and Kids with Disabilities (video)
<https://rootedinrights.org/video/consent-and-kids-with-disabilities/>
- Traffic Safety for Children with Special Needs (article)
<https://www.friendshipcircle.org/blog/2012/07/25/traffic-safety-for-children-with-special-needs/>
- Online safety tips – Youth Organizing! Disabled & Proud (article)
<http://www.yodisabledproud.org/resources/safety-online.php>

Experience my community



Questions to consider:

- What are some of the community activities you would like to do? These might include attending concerts, movies and other community events, as well as going places like parks, restaurants, stores, swimming pools, libraries etc.
- What is getting in the way of you experiencing your community?
- What supports do you need in order to fully participate?
- How do you get the necessary supports?

Resources:

- If enrolled in the CLTS Waiver; see Community Integration Services and Mentoring
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Help Special Needs Kids Prepare for Community Inclusion (article)
<https://www.verywellfamily.com/help-special-needs-kids-prepare-community-inclusion-4153975>
- Involving Your Child With Special Needs In The Community (article)
<https://specialedresource.com/resource-center/involving-child-special-needs-community>
- For older youth, school IEP focus on transition

Feel like I belong in my community



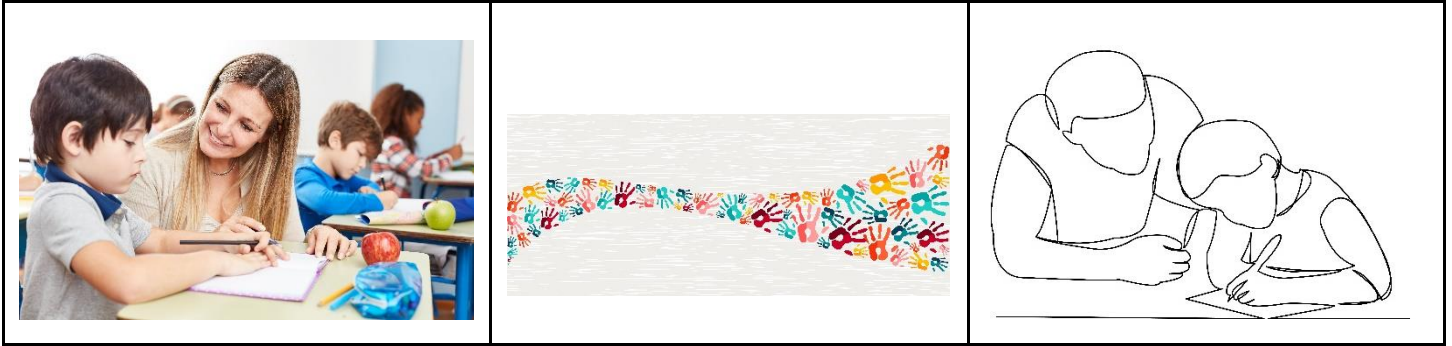
Questions to consider:

- Are there activities, clubs or organizations you would like to be a part of?
- What are the barriers to you being fully included?
- Are there things others can do (name specific people) to increase your sense of belonging?
- What supports are needed to create meaningful interactions with community organizations and individuals?

Resources:

- If enrolled in the CLTS Waiver; see Community Integration Services and Mentoring
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- For older youth, school IEP focus on transition
- The Special Books by Special Kids (SBSK) Guide to Inclusion and Mindful Teaching (A Must See for Parents and Educators) (video)
<https://www.youtube.com/watch?v=1nKqG908r2c&feature=youtu.be>
- Adapting to serve youth with special needs (video)
https://www.youtube.com/watch?v=FHlb_KoQ_JM

Get help at school with _____



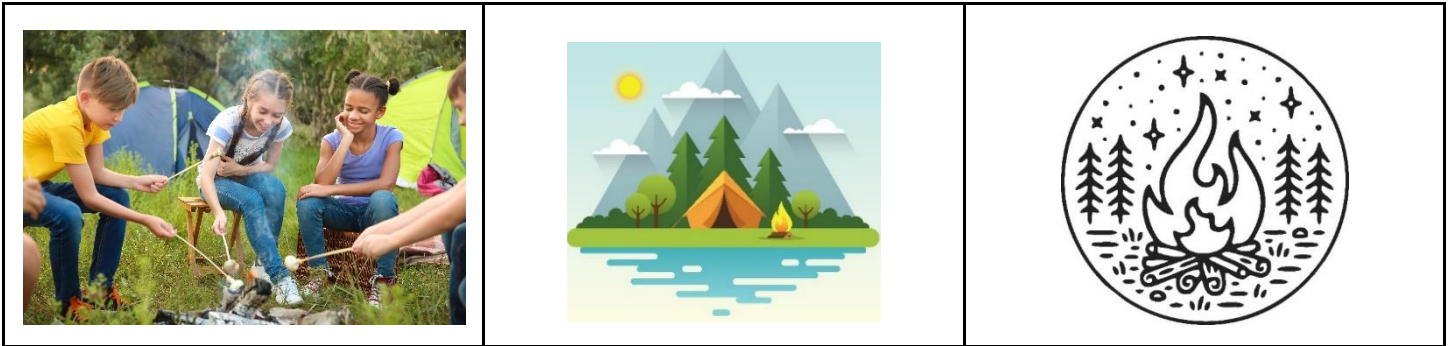
Questions to consider:

- What do you need help with (be specific)?
- Who is responsible for helping you with this now?
- Are there other people who could also help?
- What skills do you need to develop in order to succeed?
- What skills do others need to have in order to help you?
- What additional supports and services do you need to succeed?

Resources:

- Your child's IEP team
<https://dpi.wi.gov/sped>
- Wisconsin FACETS
877-374-0511
www.wifacets.org
- Wisconsin Statewide Parent-Educator Initiative (WSPEI)
833-879-7734
www.wspei.org
- Disability Rights Wisconsin
800-928-8778
<https://www.disabilityrightswi.org/resources/special-education/>
- Wisconsin Special Education Parent Guide (article)
<https://preparents.org/wp-content/uploads/sites/2/2015/09/Wisconsin-Special-Education.pdf>

Go to camp without my parents



Questions to consider:

- What activities that can occur at a camp are you interested in?
 - Water sports – boating, fishing, water tubing
 - Crafts
 - Outdoor activities – hiking, campfire, swimming
- What worries do you have about going to camp alone?
- What type of supports do you need to attend a summer camp?
- What financial resources are available to pay for camp?

Resources:

- Easter Seals Wisconsin
<https://www.eastersealswisconsin.com/>
- Wisconsin Lions Camp
<http://www.wisconsinlionscamp.com/>
- Wisconsin Badger Camp
<https://www.badgercamp.org/>
- Bay Cliff Therapy Camp
<https://baycliff.org/>
- If enrolled in the CLTS Waiver; see Respite Care
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Sending Your Child With Special Needs to Camp (article)
<https://www.rchsd.org/health-articles/sending-your-child-with-special-needs-to-camp/>

Make new friends



Questions to consider:

- Most friendships share common interests. What are some of your interests?
- How would you like to spend time with another person?
- Are there social skills and cues you need to understand and learn to develop good friendships?
- Are there barriers to spending time with friends?
- Are there barriers to doing activities with others?
- Are there things others can learn that might help them be a friend to you?
- Are there accommodations and supports that might help you develop friendships?

Resources:

- School, religious settings, neighborhood, clubs (girl scouts, 4-H)
- Your child's IEP team
<https://dpi.wi.gov/sped>
- Private therapy clinics may offer group sessions focusing on social skills
- If enrolled in the CLTS Waiver; see Mentoring
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Best Buddies Wisconsin
<https://www.bestbuddies.org/wisconsin/>
- Helping Your Child With Special Needs Develop Meaningful Friendships (article)
<https://kellehampton.com/2019/01/helping-your-child-with-special-needs-develop-meaningful-social-relationships/>
- This app helps people with special needs make friends (article)
<https://www.cnn.com/2020/02/22/health/special-needs-friends-app-trnd/index.html>

Play more



Questions to consider:

- What are some activities you enjoy doing?
- Sometimes simply having some time to yourself to play is desired. What needs to be in place for you to have some time to yourself?
- What devices, aides or technologies can help you play?
- What supports could help you play with others?
- How can you communicate with peers?

Resources:

- Special Olympics Wisconsin
<https://www.specialolympicswisconsin.org/>
- Holiday Toy Hack
http://people.uwplatt.edu/~evensenh/Holiday_Toy_Hack/Holiday_Toy_Hack.html
- Toy Tips: Adapting Toys and Materials to Meet a Variety of Needs
<https://dcf.wisconsin.gov/files/youngstar/pdf/ys-2019-20/adapting-toys.pdf>
- Miracle League (baseball)
www.miracleleague.com
- Adapted Fitness and Personal Training, UW Madison
<https://kinesiology.education.wisc.edu/home/adapted-fitness-personal-training-2/>
- UW La Crosse Children's Motor Development Program
<https://www.uwlax.edu/center/cdhapa/center-sponsored-programs/childrens-motor-development-program/>
- Access Ability Wisconsin
<https://www.accessabilitywi.org/>
- Arts for All Wisconsin (formerly VSA)
<https://www.artsforallwi.org/>
- Accessible Playgrounds in Wisconsin
https://www.accessibleplayground.net/united-states/wisconsin/?doing_wp_cron=1581614216.3080201148986816406250

Reduce behaviors that hurt others



Questions to consider:

- What behaviors are you exhibiting now?
- What are those behaviors telling others?
- Are there environmental, medical, sensory or other factors that affect your behaviors?
- How can you express your feelings and needs in a positive way?
- What skills can you develop to help you change your behaviors?
- What supports and services might help you change your behaviors?
- Are there things other people can do to help you in challenging situations?

Resources:

- Wisconsin Family Ties
800-422-7145
www.wifamilyties.org/
- Mental Health America of Wisconsin
866-948-6483
<https://www.mhawisconsin.org/>
- NAMI Wisconsin
800-236-2988
<https://namiwisconsin.org/>
- Kids Mental Health
www.kidsmentalhealth.org/behavioral-therapy-for-children-with-emotional-disorders/
- If enrolled in the CLTS Waiver; see Counseling and Therapeutic Services
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Waisman Center; Community Training, Intervention, and Evaluation Services (TIES)
<https://cow.waisman.wisc.edu/ties/>
- Wisconsin Department of Health Services; Mental Health: Children
<https://www.dhs.wisconsin.gov/mh/children.htm>
- Special Needs Parenting: 12 Tips for Managing Challenging Behavior (article)
<https://www.friendshipcircle.org/blog/2012/10/22/special-needs-parenting-12-tips-for-managing-challenging-behavior/>

Home & Family Goals (9 cards)

Find a care provider to help at home



Questions to consider:

- What type of care would provide you the support you are seeking?
- Do you need an extra set of hands or someone skilled in nursing?
- How often and what time of day would you ideally prefer some extra support?
- What type of insurance, benefits or other funding do you have to pay for these services?
- Think through what it is like to have someone else coming into your home to provide care.
- What agencies and organizations provide these services in your area?
- What supports do you need to acquire these services?

Resources:

- Home Care Agencies by County
<https://www.dhs.wisconsin.gov/guide/provider-search.htm>
- Private Duty Nurses via Medicaid (Forward card benefit)
<https://www.dhs.wisconsin.gov/publications/p0/p01122.pdf>
- If enrolled in the CLTS Waiver; see Supportive Home Care
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Personal Care Workers via Medicaid (Forward card benefit)
<https://www.forwardhealth.wi.gov/WIPortal/Subsystem/KW/Print.aspx?ia=1&p=1&sa=47&s=2&c=61&nt=>
- Managing Home Health Care (article)
<https://kidshealth.org/en/parents/machine.html>

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



Questions to consider:

- What kind of supports do my brother(s) and/or sister(s) need?
- Would your siblings like to be with others in a social situation for support?
- Would your siblings prefer support at home through conversations or reading books?
- Who can provide this support in your community?

Resources:

- WisconSibs
920-968-1742
<https://wisconsibs.org/>
info@wisconsibs.org (email)
- Books for siblings (article)
https://www.parentbooks.ca/Siblings_of_Children_with_Special_Needs.html
- What It's Like Having A Sibling With A Disability (video)
<https://www.youtube.com/watch?v=PvXUkZoHuCl>

Have an accessible home



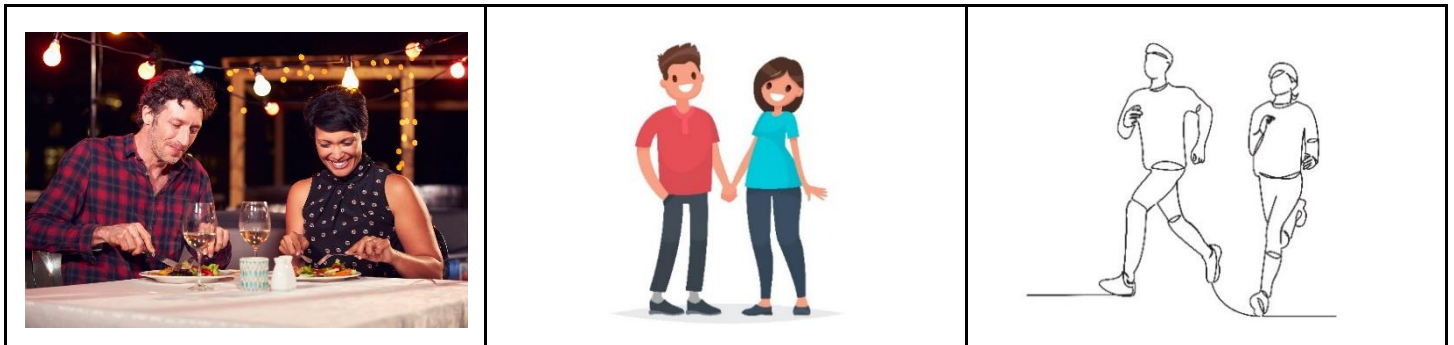
Questions to consider:

- What is your current living situation (home, apartment, own, rent, etc.)?
- Does it meet your physical needs?
- What things are difficult to do on a daily basis because of your home's limitations?
- What changes would make your home more functional for your child?

Resources:

- Grants for home modifications
- If enrolled in the CLTS Waiver; see Home Modifications
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Independent Living Centers
<https://www.dhs.wisconsin.gov/disabilities/physical/ilcs-contact.htm>
- Home Sweet (Accessible) Home (article)
<https://complexchild.org/articles/2019-articles/september/accessible-home/>
- Outfitting Your House for a Child with a Disability (article)
<https://blog.hirea-helper.com/house-modifications-child-disability/>

Have my parent(s) spend more time by themselves



Questions to consider:

- Do you currently have a source of funds to pay for respite care?
- Do you have access to a list of qualified respite providers in your area?
- Do you know people who can care for you while your parents are away?
- Has your family written down your exact care needs the way you like to receive them?

Resources:

- Child's school aides, child's home health workers
- Respite Care Association of Wisconsin
<https://respitecarewi.org/live/>
- Respite Camp Easter Seals of Wisconsin
<https://camp.eastersealswisconsin.com/easter-seals-camps/respice-camp/>
- Parent to Parent of Wisconsin Program
888-266-0028
<https://www.p2pwi.org/>
- Family Caregiver Alliance
800-445-8106
www.caregiver.org/taking-care-you-self-care-family-caregivers
- County Contact Information for Programs for Children with Delays and Disabilities
www.dhs.wisconsin.gov/clts/contact.htm
- If enrolled in the CLTS Waiver; see Respite Care
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Wisconsin Family and Caregiver Support Alliance
<http://wisconsin caregiver.org/alliance>
- The Importance of Respite Care (article)
<https://www.handinhandqc.org/post/2017/05/31/the-importance-of-respite-care>

Have someone help find and coordinate community services



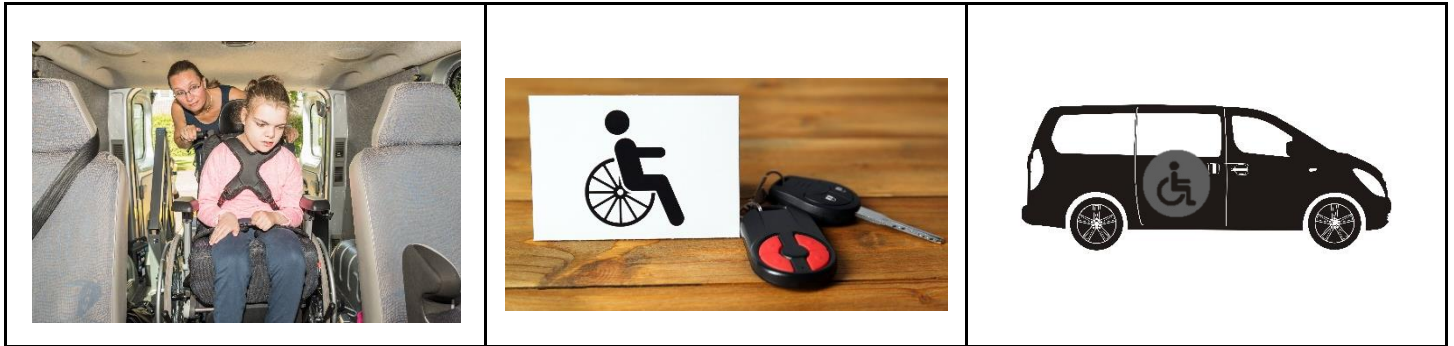
Questions to consider:

- Have you applied for and enrolled in the CLTS Waivers?

Resources:

- Family Voices of Wisconsin Fact Sheet Series
<https://familyvoiceswi.org/wp-content/uploads/2020/01/CLTS-Complete-Series-compress.pdf>
- Children's Long Term Support (CLTS) Waivers
www.dhs.wisconsin.gov/children/clts/waiver/family/index.htm
- Information for Families on Long-Term Supports
<https://www.familyvoiceswi.org/resource-library/>
- Children's Community Options Program (CCOP)
<https://www.dhs.wisconsin.gov/clts/contact.htm>
- Comprehensive Community Services (CCS)
<https://www.dhs.wisconsin.gov/ccs/index.htm>

Have transportation I can use with my family



Questions to consider:

- What would the ideal transportation arrangement be for you and your family?
- What options are available for modifications that meet your needs?
- What financial resources will help pay for devices and modifications?

Resources:

- Grants for accessible vehicles
- If enrolled in the CLTS Waiver; see Transportation or Adaptive Aids
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Independent Living Centers
<https://www.dhs.wisconsin.gov/disabilities/physical/ilcs-contact.htm>
- Making decisions about vehicle modifications for passengers with disabilities (article)
<http://cpdailyliving.com/making-decisions-about-vehicle-modifications-for-passengers-with-disabilities/>

Help get myself dressed



Questions to consider:

- What part of getting dressed would you like to help with? Maybe planning and sequencing, making appropriate choices, sensory issues, motor skills, attention and focus, or something else?
- Would picture cue cards help?
- Are there adaptive devices and aides that could help (ex., elastic or Velcro shoe laces, pictures on front of shirts)?

Resources:

- If enrolled in the CLTS Waiver; see Daily Living Skills Training
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Private occupational therapy
- How to Teach Your Child with Special Needs to Dress Independently (article)
<https://www.performancehealth.com/articles/how-to-teach-your-child-with-special-needs-to-dress-independently>

Improve my hygiene



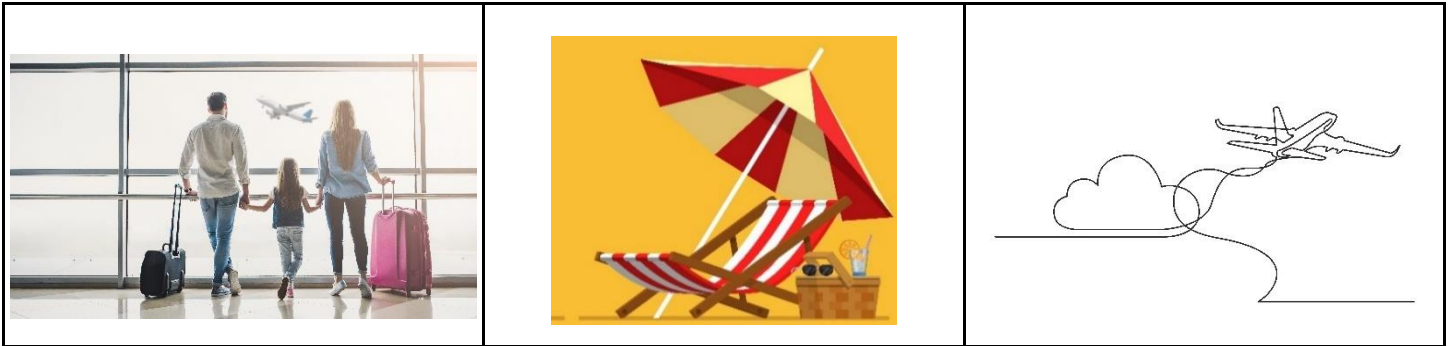
Questions to consider:

- What hygiene activity do you want to work on?
- Can you break that activity down into specific tasks?
- Do you have specific issues that affect your ability to tolerate and complete that activity? Maybe sensory issues, problems with planning and sequencing, making appropriate choices, motor skills, attention and focus, or something else?
- Would picture cue cards help?
- Are there adaptive devices and aides like special bath chairs, toothbrushes, hairbrushes and nail clippers that could help?
- Would home modifications help?

Resources:

- Prompting / hand over hand
- Picture charts
- Social stories
Examples: <https://able2learn.com/categories/health-and-physical-education/hygiene.html>
- Video modeling
Examples: https://www.youtube.com/playlist?list=PLqzIGyw6xAKE2r-KxWU_I15VtHrPC1b-4
- Adaptive aides like special toothbrushes
- If enrolled in the CLTS Waiver; see Daily Living Skills Training, Adaptive Aids, or Specialized Medical and Therapeutic Supplies
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Private occupational therapy

Take vacations



Questions to consider:

- Where do you want to travel? Some destinations are easier than others.
- What activities would you like to do while traveling?
- How can we find or arrange needed accommodations?
- Are there supplies and equipment you need to bring along?
- Do you need to bring along extra help?

Resources:

- Wheelchair travel
<https://wheelchairtravel.org/>
- Special Needs Travel
<https://www.friendshipcircle.org/blog/?s=travel>
- Wisconsin DNR Open Outdoors
<https://dnr.wi.gov/topic/openoutdoors/>
- 10 Tips for Traveling With Special Needs Kids (article)
<https://myfamilytravels.com/content/11177-10-tips-traveling-special-needs-kids>
- Special Needs Travel Mom - Because life is your adventure – live it! (article)
<https://specialneedstravelmom.com/>

Independence Goals (6 cards)

Accept my differences



Questions to consider:

- What aspects of who you are do you want to work on accepting more?
- Do you find support best in 1:1 situations or in groups?
- Do you know any role models who have your condition?

Resources:

- Individualized counseling resources
- Online support groups
- Attend summer camp with others who have similar conditions
- The Glove Comes Off: 1st Time Really Showing My Disability (video)
<https://www.youtube.com/watch?v=K7kvl36jrYk>
- Laughing at My Nightmare – Meet Shane Burcaw (video)
<https://www.youtube.com/watch?v=tn2nmXubG9w>

Be more independent



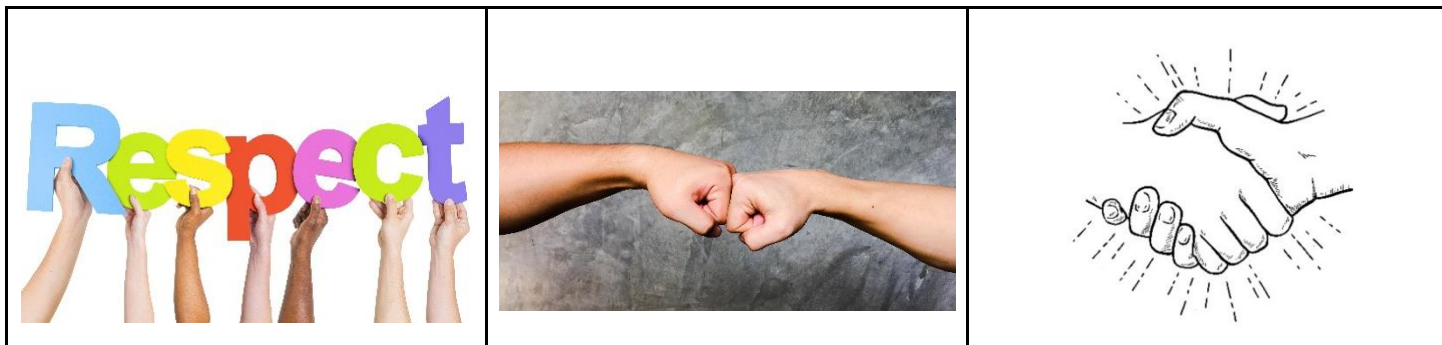
Questions to consider:

- What can you do to be more independent?
- What skills would you need to learn in order to be more independent?
- Are there changes you can make to your environment that can help you be more independent?
- Are there devices, aides and technologies that can increase your independence?

Resources:

- If enrolled in the CLTS Waiver; see Daily Living Skills or Mentoring
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Your child's IEP team
<https://dpi.wi.gov/sped>
- Encouraging Independence for Children with Special Needs (article)
<https://pediaplex.net/blog/encouraging-independence-children-special-needs/>

Be treated with respect



Questions to consider:

- What is happening that makes you feel as though you are not being treated with respect?
- Are there specific situations, people or environments this happens in/with?
- How can you or your family communicate these concerns in a productive way?
- Would people treat you differently if they had more information about you, your disability, or how to act?

Resources:

- Mental health resources
- Wisconsin Board for People with Developmental Disabilities (self-determination)
https://wi-bpdd.org/index.php/wisconsin-self-determination-conference/?et_fb=1&PageSpeed=off
- The ARC Wisconsin (self-determination)
<https://thearc.org/position-statements/self-determination/>
- Wisconsin Youth Leadership Forum
<http://wi-bpdd.org/index.php/wisconsin-youth-leadership-forum/>
- Learn about Self-Advocacy (series of videos)
<http://www.selfadvocacyonline.org/learning/speakingup/>

Have a hobby



Questions to consider:

- What would you like to learn to do?
- What sounds like a fun hobby?
- What supports do you need to do these activities?
- Are there devices, aides or technologies that can help?
- Consider the following categories of hobbies:
 - Collecting (physically collect items, record things you have seen or spotting – like in bird watching)
 - Making (clothing, cooking, gardening, models, or something you can use)
 - Active (animals, outdoor, travel)
 - Play (fitness, games, sports)
 - Arts (dance, music, theatre, visual, literary)

Resources:

- Arts for All Wisconsin
<https://www.artsforallwi.org/>
- Special Olympics Wisconsin
<https://www.specialolympicswisconsin.org/>
- Miracle League (baseball)
www.miracleleague.com
- Adapted Fitness and Personal Training, UW Madison
<https://kinesiology.education.wisc.edu/home/adapted-fitness-personal-training-2/>
- Access Ability Wisconsin
<https://www.accessabilitywi.org/>
- Wisconsin DNR Open Outdoors
<https://dnr.wi.gov/topic/openoutdoors/>
- Extracurricular Activities and Hobbies: The Positive Effect They Have for Individuals with Disabilities (article)
<https://www.spinabifidaassociation.org/blog/extracurricular-activities-and-hobbies-the-positive-effect-they-have-for-individuals-with-disabilities/>

Make my own decisions



Questions to consider:

- What are some opportunities where you would like to make your own decisions and sense that others are making-decisions for you?
- What skills do you need to learn to make good decisions?
- How do you communicate what you want?
- Who can support your decision-making?
- Decision-making is often involves making choices. How do you make choices in your day?

Resources:

- Wisconsin Board for People with Developmental Disabilities (supported decision-making)
<https://wi-bpdd.org/index.php/supporteddecision-making/>
- Help children make good choice (SODAS method) (video)
<https://www.youtube.com/watch?v=K-SeO-aT2i8>

Use technology



Questions to consider:

- What would you like to do with technology?
 - Traditional activities – play games, access social media, etc.
 - Use it for communication
 - Use it to help with other activities
- Can you use traditional technology or do you need specially adapted devices?
- What funding is available to purchase needed technologies and devices?

Resources:

- Center on Technology and Disability
www.ctdinstitute.org/
- Wisconsin’s Assistive Technology Program
www.dhs.wisconsin.gov/disabilities/wistech/index.htm
- ABLEdata: database of assistive technology products
www.abledata.com/
- Wisconsin Augmentative and Alternative Communication (AAC) Network
<https://wisconsinAACnetwork.org/>
- Closing the Gap
<https://www.closingthegap.com/>
- If enrolled in the CLTS Waiver; see Assistive Technology and Communication Aids
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Apps for Students With Special Needs—As School Buildings Shutter (article)
<https://www.edutopia.org/article/apps-students-special-needs-school-buildings-shutter>
- Apps for Special Needs (article)
<https://blog.momswithapps.com/apps-for-special-needs/>

Medical & Health Goals (11 cards)

Access more therapy opportunities



Questions to consider:

- What type of therapy are you seeking?
- What type of therapy are you currently receiving?
- What funding is available to pay for therapies?
- What is your goal from therapy? That is, what do you want to be able to do that you cannot do now?

Resources:

- What is speech therapy?
www.uwhealth.org/health/topic/special/speech-and-language-development/hw265266.html
- What is occupational therapy?
www.uwhealth.org/health/topic/special/occupational-therapy/tp23082spec.html
- What is physical therapy?
www.uwhealth.org/health/topic/special/physical-therapy/zt1045.html
- Wisconsin Department of Public Instruction
800-441-4563
<https://dpi.wi.gov/sped/educators/consultation>
- Hippotherapy (horseback riding)
<https://www.americanhippotherapyassociation.org/>
- Recreational Therapy
 - Milwaukee Public School Therapeutic Recreation Program
<https://milwaukeerecreation.net/rec/Programs/Therapeutic-Recreation.htm>
 - Children's Wisconsin
<https://www.chw.org/patients-and-families/milwaukee-campus/inpatient-visit/during-your-stay/expressive-therapies/recreational-therapy>
 - Communication Innovations
<https://communicationinnovations.com/>
- Music Therapy
 - Communication Innovations (Madison Area)
<https://communicationinnovations.com/>

- Expressive Therapies (Appleton)
<https://www.expressivetherapies.net/our-story>
- Music Therapy Services of Central Wisconsin
<http://www.mtscw.com/services>
- Aquatic Therapy
 - Communication Innovations (Madison Area)
<https://communicationinnovations.com/>
 - Progressive Beginnings (Sheboygan)
<https://www.progbeg.com/>
- Art Therapy
 - Expressive Therapies (Appleton)
<https://www.expressivetherapies.net/our-story>
- If enrolled in the CLTS Waiver; see Counseling and Therapeutic Services
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>

Describe pain and other physical symptoms



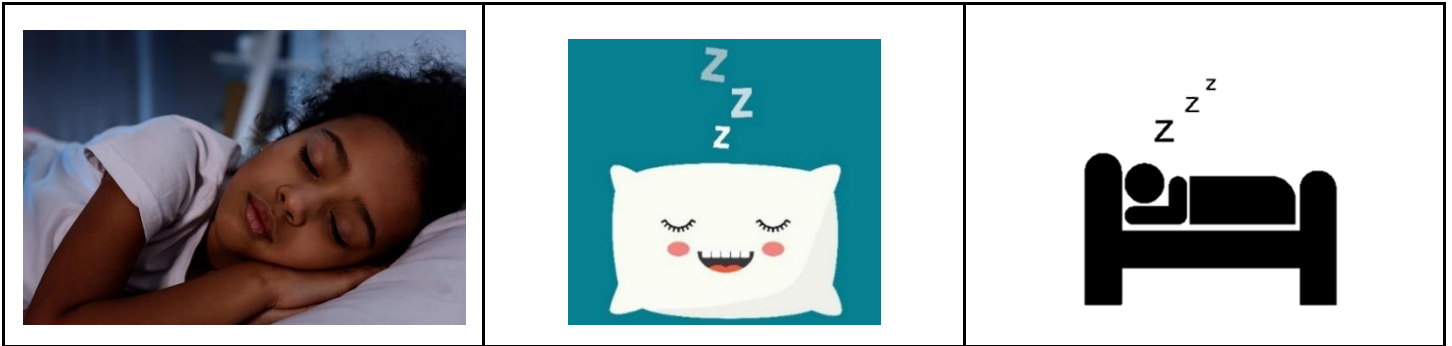
Questions to consider:

- How do you describe pain now?
- Would a pain communication board help?
- What vocabulary and skills do you need to learn so you can tell people about your pain?
- Have you tried drawing a picture of your pain?
- Would it help to create a feelings wheel and talk about different types of feelings?

Resources:

- Teaching Kids To Express Physical Pain (video)
<https://www.youtube.com/watch?v=wCx9Ua4TeiY>

Get better sleep



Questions to consider:

- What are your current sleep habits?
- Are you on any medications that may impact a good night's sleep?
- Is muscular, neurological, gastrointestinal, dental or other pain keeping you from sleeping?
- Are sensory issues interfering with your sleep?
- Are neurological issues interfering with your sleep?
- What skills (self-soothing, toileting, communication, etc.) would help you go to and stay asleep?
- Does your environment interfere with your sleep?

Resources:

- Sleep Foundation (article)
<https://www.sleepfoundation.org/articles/sleep-strategies-kids>
- All About Sleep – Kids Health (article)
<https://kidshealth.org/en/parents/sleep.html>

Have equipment that is made for me



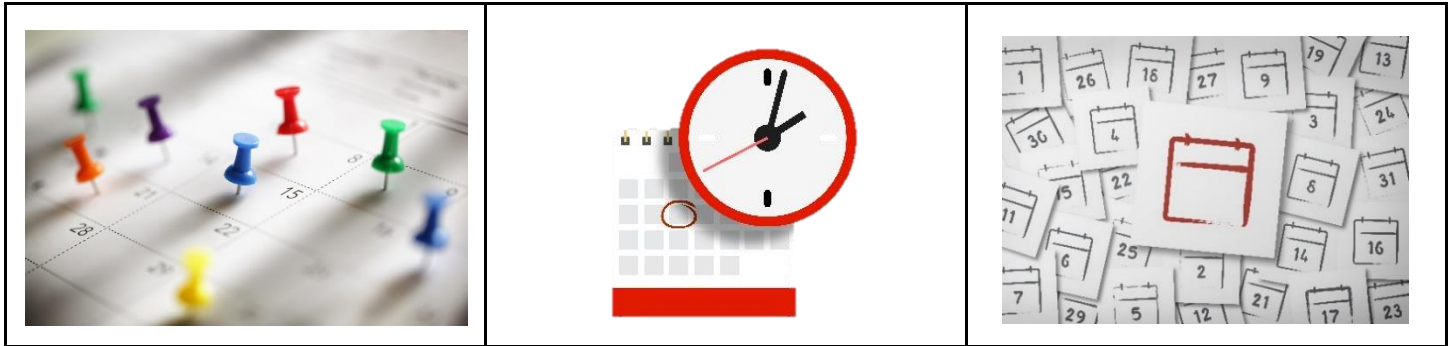
Questions to consider:

- What equipment would improve your quality of life?
- What equipment could help you meet your therapy goals?
- What equipment could help you increase your independence?
- What equipment would make Activities of Daily Living (ADL's) easier?
- Does your current equipment do what you need it to do?
- Does your current equipment fit your growing body?
- Does your current equipment hurt you?
- Is your current equipment safe for you and your caregivers?

Resources:

- Your insurance provider's durable medical equipment (DME) provider
- If enrolled in the CLTS Waiver; see Specialized Medical and Therapeutic Supplies
<https://www.dhs.wisconsin.gov/publications/p02256.pdf>
- Katy's Closet, an equipment lending library (Waukesha)
<http://www.teamupwithfamilies.org/katys-kloset/>
- Wheelchair Recycling Program
www.wrp.org
- Wisconsin Assistive Technology Initiative (WATI) Lending Library
www.wati.org
- Great Lakes Loan Closets
<https://loanclosets.org/wisconsin>

Have fewer medical appointments



Questions to consider:

- Are there some medical providers you see now that you think you could see less often?
- Are there aspects of your medical care that could be provided by fewer providers? (For example, my allergies are under control, can my primary provider renew my prescriptions?)
- If transportation is an issue, are there some providers who are closer to home?
- Would you like some help to schedule more appointments in one day to avoid repeat trips?
- Have you considered telemedicine or telehealth options?
- Have you created a care map and shared it with your providers?

Resources:

- National Center for Medical Home Implementation
<https://medicalhomeinfo.aap.org/Pages/default.aspx>
- Medical Home Portal
www.medicalhomeportal.org/
- Wisconsin Medical Home Initiative
www.chawisconsin.org/initiatives/medical-home/
- What is telehealth? HealthIT.gov
<https://www.healthit.gov/faq/what-telehealth-how-telehealth-different-telemedicine>
- Care Mapping
<http://www.childrenshospital.org/integrated-care-program/care-mapping>

Learn about my medications



Questions to consider:

- What do you want to learn about your medication?
 - What does it do for me?
 - What are the side effects?
 - What are the names of my medications?
 - How can I be more independent in taking my medications?
- Do you want to learn more about prescription and over-the-counter medications?

Resources:

- YouTube: Teaching Kids About Using Medication Safely (video)
<https://www.youtube.com/watch?v=gHv7KWB9Rul>
- Child Mind Institute on Medication (article)
<https://childmind.org/topics/concerns/medication/>

Learn healthy choices



Questions to consider:

- What choices are you currently making that don't seem to be healthy (e.g., eating unhealthy foods, not getting enough exercise, watching too much TV, having too much screen time, etc.)?
- When you have tried to change a habit in the past, what has been supportive for you?
- What skills can you develop to help you make better choices?
- Changing habits is hard. Who can offer you support for this change?

Resources:

- Choose My Plate from US Department of Agriculture
<https://www.choosemyplate.gov/eathealthy/dietary-guidelines>
- Exercise
- Yoga
- Adapted Fitness and Personal Training, UW Madison
<https://kinesiology.education.wisc.edu/home/adapted-fitness-personal-training-2/>
- UW La Crosse Children's Motor Development Program
<https://www.uwlax.edu/center/cdhapa/center-sponsored-programs/childrens-motor-development-program/>
- Accessible Playgrounds in Wisconsin
https://www.accessibleplayground.net/united-states/wisconsin/?doing_wp_cron=1581614216.3080201148986816406250
- Wisconsin DNR Open Outdoors
<https://dnr.wi.gov/topic/openoutdoors/>
- The Social 'Nutrition' Behind Healthy Kids with Special Needs (article)
<http://www.eparent.com/wellness/communication-the-social-nutrition-behind-healthy-kids-with-special-needs/>

Learn how to use my equipment / supplies



Questions to consider:

- What equipment or supplies do you have that you are not sure how to use?
- Is learning how to use this equipment something you can learn or will you need someone to help you with this equipment?
- Do you learn best by watching, listening or doing it yourself?
- Would having a step-by-step list or picture chart help you learn this process?
- Do you have questions about the equipment and supplies currently in your home?

Resources:

- Home health providers
- YouTube videos
- Your insurance provider's durable medical equipment (DME) provider
- Physical therapist
- Respiratory therapist
- Nurse at your clinic or hospital

Make the switch to the adult health care system



Questions to consider:

- Where are you at in this transition process?
- Will you need to change primary physicians, specialists, dentists, etc.?
- Consider completing a readiness assessment available [here](#).
- Where would you like to start?
 - Medication management
 - Scheduling appointments
 - Describing your condition to others (self-disclosure)
 - Insurance matters
 - Finding a new provider or specialist
 - Writing a health summary or Shared Plan of Care
- Have you considered the services of a Med-Peds (Combined Internal Medicine and Pediatrics) physician?

Resources:

- Health Transition Wisconsin
<https://healthtransitionwi.org/>
- Got Transition
<https://www.gottransition.org/>
- *Healthcare Transition for Youth & Family*
Online course: <https://newbornscreeningeducation.org/product/healthcare-transition-for-youth-family/>
- *Build Your Bridge; Moving from child to adult health care*
Contact your Regional Center for CYSHCN for a training
- *What's After High School?*
Online presentation: <https://www.youtube.com/watch?v=EGFbbtTG1Ik&feature=youtu.be>

Receive good dental care



Questions to consider:

- Do you need any special consideration when seeing a dentist?
 - Communication differences
 - Intellectual or developmental disability
 - Sensory issues
 - Dental anxiety
 - Mobility issues related to transfers or balance
- Do you have insurance or benefits that help cover the cost of dental care?

Resources:

- Children's Health Alliance of Wisconsin
414-292-4000
<https://www.chawisconsin.org/oral-health/>
- Wisconsin Dental Association to learn about reduced rate dental practices that see patients who are uninsured or low income.
414-276-4520
<https://www.wda.org/your-oral-health/reduced-rate-dental-clinics>
- Oral Health Toolkit for Children with Autism (article)
<https://accesscommunityhealthcenters.org/services/dental/>
- Dental Care for Children with Special Needs (article)
<https://cshcn.org/resources-contacts/dental-care-for-children-with-special-needs/>

Spend less time in the hospital



Questions to consider:

- What's happening medically that results in frequent hospitalizations?
- What is it about being in the hospital that you like the least or hate the most?
- Are there changes you can make in your habits, medication or daily routine that could prevent hospitalizations?
- Are there things about your home, school, work or other environments that could be changed that might help prevent illness or injury?
- Would support from a private duty nurse reduce the need for hospitalization?
- Would telehealth appointments reduce the need for hospitalization?

Resources:

- Wisconsin Professional Homecare Providers
<https://wisconsinphp.org/patients/>
- Request support from a child life specialist in the hospital