

How I Can Do More for Myself

Instructions: Check the boxes for the items you will try to do for yourself.

Now that I am home, I Will:

- Talk to my nurse or therapist to help me decide on a goal that I really think I can reach and how long it will take to reach this goal.
- Ask my nurse or therapist to help me figure out the steps I need to take to get to this goal.
 - Some goals, such as being able to get to the toilet myself, involved several items (I first have to be able to get out of bed myself, then stand up myself, and then walk to the bathroom).
 - These should be marked on the other side of this form.
- Write what I want to be able to do in my own words.
- Check off how I am doing every week and talk to my nurse and/or therapist about how I am doing with my plan at least one time a week
- Ask everyone helping me at home (family and/or aide) to encourage me to do whatever I can by myself.
- Talk to my caregivers (family or aide) about reaching my goal.
 - This will help me reach my goal because my caregivers can encourage me and remind me.
- Plan with my nurse and/or therapist how I can keep taking care of myself and stay as independent as I can after my homecare services end.

Examples of what I hope to get better at, be more independent in, or accomplish (my goal):

- Cook dinner
- Use the toilet by myself
- Take care of my own home
- Improve my leg strength
- Walk in the park
- Shop at the store
- Go to church, synagogue, or my place of worship
- Other (describe): _____

To achieve some of these goals, several of the items on the other side of this page should be selected.