

Getting From ISP to Agreement and Progress Reports

JANE

ISP Goal: I want to walk and hike outdoors and get to know others who do these activities.

What does this mean to Jane and what does she need?

Is this training or a maintenance activity? How long?

Is it best accomplished in a group or 1:1?

Assessment and Training

Assumptions: Jane needs to walk /hike regularly for health and could do so with natural supports

How Community Inclusion 1:1

Assessment and Training Service initially for 6 months (2 x week for 2 hours)

Month 1-walk with Jane assess speed, interests, needs

Month 2 Match to local walking group

Month 3-6 Help Jane find a walking buddy within group

Schedule: Set by Jane T and Th 7-9 am

Location: TBD

Staff Janet

How Measure Progress?

Send mo. report to Jane(copy to PA) reporting on goals

Maintenance

Assumptions: Jane is expected to need regular staff support for this first year to keep her motivated and working on goal to loose 20 pounds

How Participate with Jane in an identified walking club 3 x week for 1 hour. Develop tools and strategies to keep her motivated

Set BY Jane

Schedule: MWF 1:00

Location: Jane's house and neighborhood

Staff Janet

How Measure Progress?

Send monthly report to Jane with copy to PA

Miles walked per week

Pounds lost