

Health + Housing Project – Goal Setting

CHW Initials: _____ Salesforce ID: _____ Today's date : ____ / ____ / ____
MM DD YYYY

A. Resident Information

Resident Name: _____
First Last

Resident Address: _____
Building APT#

B. Resident's Goals for the Project Term

1. Choose up to 5 goals from the list below that you would like to work on (ST = short-term; LT = long-term)

READ LIST

Disease Management Goals	Diet/Exercise Goals	Smoking/Alcohol Goals	Access Goals
<input type="checkbox"/> Take my medicine (ST) <input type="checkbox"/> Get my illness under control (LT)	<input type="checkbox"/> Eat a healthy diet (LT) <input type="checkbox"/> Lose weight (LT) <input type="checkbox"/> Be physically active (ST) <input type="checkbox"/> Exercise regularly (LT)	<input type="checkbox"/> Cut down on smoking (ST) <input type="checkbox"/> Cut down on alcohol (ST) <input type="checkbox"/> Quit smoking (LT) <input type="checkbox"/> Quit drinking alcohol (LT)	<input type="checkbox"/> Access to health care (ST) <input type="checkbox"/> Access to food (ST) <input type="checkbox"/> Access – other (ST)

Family Goals	Employment Goals	Apartment Goals	Other Goals
<input type="checkbox"/> Get help for a family member (ST/LT) <input type="checkbox"/> Family goal - other (ST/LT)	<input type="checkbox"/> Job readiness skills (ST) <input type="checkbox"/> Find/change job (LT)	<input type="checkbox"/> Minor apartment repairs (ST) <input type="checkbox"/> Major apartment repairs (LT) <input type="checkbox"/> Apartment goal – other (ST/LT)	<input type="checkbox"/> Cope with stress (ST) <input type="checkbox"/> Resolve legal problem (LT) <input type="checkbox"/> Other (ST/LT)

If any checked are "Other", specify here : _____

2. Now rank the goals you have selected in order of importance, starting with the goal that is most important to you. [RESTATE THE GOALS]

#1 Goal: _____

#2 Goal: _____

#3 Goal: _____

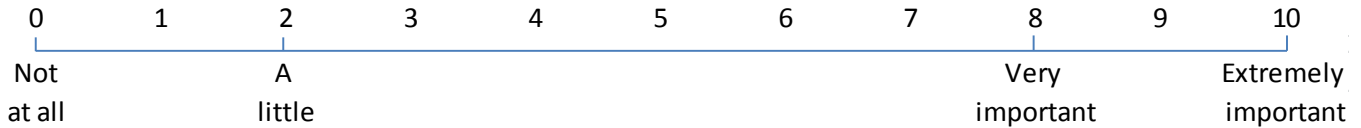
#4 Goal: _____

#5 Goal: _____

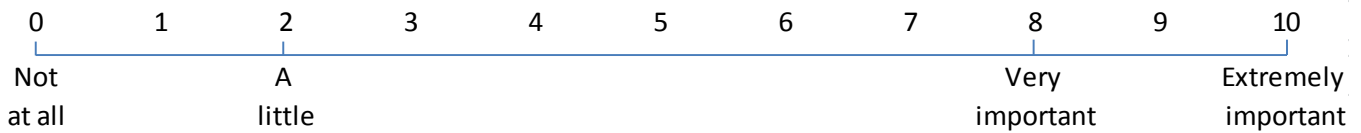
3. Now rate how important the first THREE goals are to you on a scale of 0 to 10. (10 meaning that it feels extremely important for you to reach this goal, and 0 meaning that it is not important at all for you to reach this goal)

CIRCLE THE RESPONSE

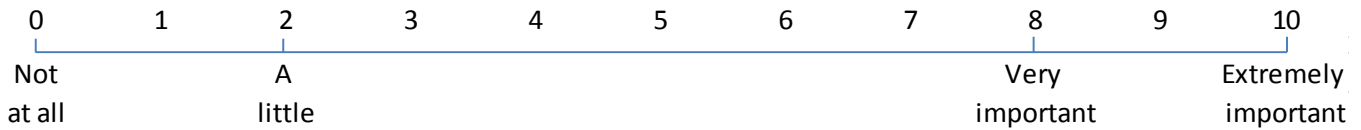
#1 Goal (write in goal here):



#2 Goal (write in goal here):



#3 Goal (write in goal here):



4a. Are any of the goals rated 6 or less?

☐ Yes

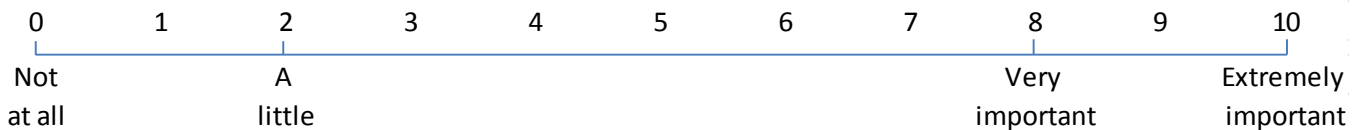
☐ No

4b. If yes (4a = YES), discuss if this should be a goal right now. If the importance of the goal remains unchanged after discussion, go back to the list of goals in Q2, and continue below, asking the resident to rate the importance of goals ranked #4 and #5.

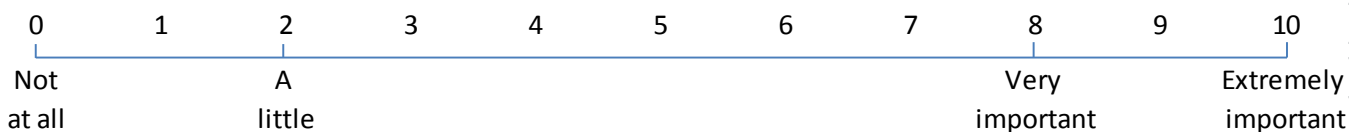
4c. If no (4a = NO), ask the resident if she or he would like to work on more than 3 goals at this time. If yes, continue below to rate the importance of goals #4 or #5. The aim is to only work on goals that are rated 7 or higher.

CIRCLE THE RESPONSE

#4 Goal (write in goal here):



#5 Goal (write in goal here):



5. For each goal that is **7 or more** on the **importance scale**, ASK the resident: 1) "**In what way or how is this goal important to you?**"; 2) "**What has gotten in the way of being able to reach this goal?**"; and 3) "**Have you had any thoughts about how you might overcome these barriers to achieving your goal?**" Then after summarizing this information back to the resident, ask her / him to rate how confident she /he is in being able to reach the goal.

#1 Goal: [RESTATE THE GOAL]

How / in what way is this goal important to you?

What has gotten in the way of you being able to reach this goal?

Have you had any thoughts about how you might overcome these barriers?

SUMMARIZE / REFLECT BACK TO THE RESIDENT WHAT YOU HEARD FROM THEM ABOUT THEIR GOALS AND ANY BARRIERS TO THOSE GOALS.

#2 Goal: [RESTATE THE GOAL]

How / in what way is this goal important to you?

What has gotten in the way of you being able to reach this goal?

Have you had any thoughts about how you might overcome these barriers?

SUMMARIZE / REFLECT BACK TO THE RESIDENT WHAT YOU HEARD FROM THEM ABOUT THEIR GOALS AND ANY BARRIERS TO THOSE GOALS.

#3 Goal: [RESTATE THE GOAL]

How / in what way is this goal important to you?

What has gotten in the way of you being able to reach this goal?

Have you had any thoughts about how you might overcome these barriers?

SUMMARIZE / REFLECT BACK TO THE RESIDENT WHAT YOU HEARD FROM THEM ABOUT THEIR GOALS AND ANY BARRIERS TO THOSE GOALS.

#4 Goal (*if needed*): [RESTATE THE GOAL]

How / in what way is this goal important to you?

What has gotten in the way of you being able to reach this goal?

Have you had any thoughts about how you might overcome these barriers?

SUMMARIZE / REFLECT BACK TO THE RESIDENT WHAT YOU HEARD FROM THEM ABOUT THEIR GOALS AND ANY BARRIERS TO THOSE GOALS.

#5 Goal (if needed): [RESTATE THE GOAL]

How / in what way is this goal important to you?

What has gotten in the way of you being able to reach this goal?

Have you had any thoughts about how you might overcome these barriers?

SUMMARIZE / REFLECT BACK TO THE RESIDENT WHAT YOU HEARD FROM THEM ABOUT THEIR GOALS AND ANY BARRIERS TO THOSE GOALS.