

Goals / Objectives / Action Steps

a look at Rick's goals and objectives below. Some examples of action steps have been added to help Rick meet his goals and objectives.

If Rick's goal is to ...	Then an objective to help reach the goal might be to ...	And action steps to help achieve the objective might be to ...
increase ability to manage anger and aggression	attend a weekly anger management group for the next three months	When in group, raise his hand when he wants to speak and not interrupt others when they are speaking. During the next week, Rick will also keep a list of things that trigger his anger.
increase physical activity	participate daily in a physical exercise class for the next three months	run for at least 20 minutes during each class and complete his weight training circuit every other day
follow directions	follow staff's instructions to keep his room tidy for five days	put clothes in drawers, hang in closet or put in hamper before going to bed each evening

Reminder: The Treatment Plan is developed for the **resident** must reflect **medical necessity**. Therefore goals, objectives and action steps always are required to relate to the diagnosis.