



# InterRAI Section A: Goals Quick Guide

Goals may come from the participant or legal representative. In the rare circumstance when a participant cannot verbalize a goal, a primary unpaid caregiver may provide the goal for the participant. Case note documentation would be required in these instances.

- A goal is defined as the larger impact receiving services would have on the participants overall safety, health, and well being. It is not simply the immediate benefit of receiving services.
- A goal should be something the participant hopes to accomplish, not a statement of their condition or fact. A goal should focus on promoting safety, health, independence, well being, and/or community integration for the participant with HCBS
- Goals should be participant specific, and Assessors should **not** use identical goals for all participants.
- A goal should include two parts, the **reason** for applying and **how** or **why** these services will help them.

## Appropriate



- "I would like assistance around the house in order to allow my broken leg to heal".
- "My goal is to receive assistance with cooking as I am concerned with falling and burning myself".
- "I want to be living on my own and retain my independence".
- "My goal is to continue receiving services that will provide me support I cannot get through family to remain independent".
- "I wish to remain in the RCF to ensure my medications are administered correctly".
- "I would like to ensure I have consistent help available to help me with my day to day needs".

## Inappropriate



- "I need my broken leg to heal". This is a statement and not a goal.
- "Due to leg and back pain I am not able to stand up and cook". This is a statement and not a goal.
- "I don't know or I'm really not sure". Must include a goal with an outcome.
- "I want to continue to receive services". There is not a stated outcome.
- "RCF", "ALF", "Remain in RCF." There is not a stated outcome.
- "My grandson helps me a lot and I would like to get him paid." This is not person/participant centered and does not include a stated outcome.



## **Conversation Tips**

- Phrase your questions regarding goals of care in the most general way possible.
- Assessors shall summarize the participants responses into a goal statement and confirm the participant is in agreement with the stated goal.

The following are sample questions that could be used to help the participant/guardian/collateral contact formulate a goal:

- Why are you applying for or receiving these services?
- How will these services help you?
- What changes are you hoping to see in your daily life?
- How do you see HCBS assisting with meeting any un-met needs of care?
- What HCBS services can assist the participant in remaining as independent as possible?
- What are your goals for the participant's health and independence in the future?