

Summary of Progress: <i>Share accomplishments and progress as they occur and show how success is to be celebrated</i>			
Derek loves eating (a variety of foods seem to truly make him happy). He loves spending time with his nieces. He's getting older and his doctor says he needs to increase exercise. He seems to have enjoyed past activities walking, dancing, and swimming and has made progress with seeing that exercise can be fun. He generally seems happier when he is more physically active but doesn't have any current routine around it.			
Outcome: <i>What does the person want to accomplish and why?</i>			
Derek will exercise more so that he can enjoy a long life seeing his nieces as they grow up, including planning a fun movement-based event with his family.			
Details to Know			
He thrives on routine. He is usually able to see his nieces around holidays and birthdays.			
Experiences: <i>In order to accomplish the outcome, what experiences does the person need to have?</i>			
What needs to happen	How it should happen	Who is responsible	When/How often
Derek will participate in a fun physical activity with staff and/or housemates.	A weekly calendar that features "dance party," "neighborhood walk," or similar activities multiple times a week at the same time of day.	ICF staff	Around 4:00 PM, 2-7 days per week, for 2-6 months.
Derek will invite his nieces over to have a walk, dance party, or other physical activity	Staff should help Derek tell his brother & family his plan. Derek should do most of the talking, but will require some prompting to stay on topic.	ICF staff, Derek	Every 1-6 months.
Derek will help staff create a weekly calendar of physical activities	Once we have a sense of what sort of physical activities Derek is enjoying, we will work with him on building his own routine. The team will support the following of the routine he builds.	ICF staff, Derek	Expected for Q3 and Q4 of this plan year, once weekly
Outcome/Experiences Review			
What will progress look like/How will we know it is happening?		Who	When to check in
Daily data on what activity he chooses.		DSPs	Q's quarterly review of data
Shift notes describing the planning of activities with family		ICF staff (Manager coordinates)	Q's quarterly review of data
Weekly data on completion of a weekly activity calendar		DSPs	Q's review of in Q3 and Q4
Important and Relevant History: <i>Only include history that may impact the person's life, supports, and achievement of outcomes.</i>			
Derek does not seem to enjoy basketball, football, or any team sport or athletic competition. (Sometimes he talks about gym class being a place for bullies.)			

Other ideas? Learn the YMCA dance? Prep for a specific family event?