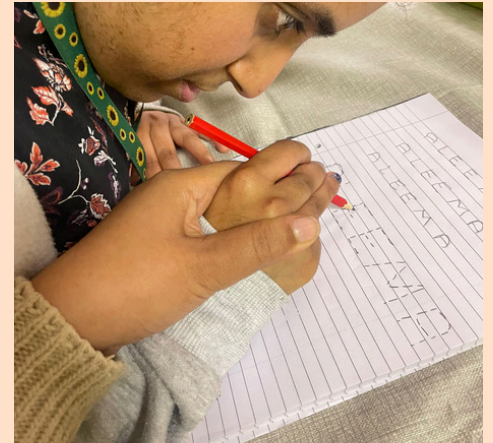


## Setting Personal Goals



*Images in this success story are for illustration only and do not necessarily depict the actual client.*

### Background

Client J loves lists! But he would often ask for staff to write the list for him. He would find a random piece of paper, say the word and the staff member would write it down. With some encouragement he would occasionally write a word himself, but would then revert to asking the staff to write the lists for him. When Client J felt the piece of paper was full, he would rip it up and throw it in the bin.

### What We Did

The goal for Client J was to become more confident in writing his own words down and therefore making his own lists. To encourage this we brought him his own notebook and made sure the notebook and a pen were always available for him. Over time he started making notes in the book, but sometimes still asked staff to write words for him as well.

### Client Success

After 6 months, with the perseverance of the staff team, Client J now collects his notebook with no encouragement and will write his own lists. The notebook is nearly half full and he no longer rips up the paper. Not only is this engaging him in something he finds meaningful, it is also increasing his independence and hand writing skills. He will still ask staff to write words occasionally, but now he will take time to concentrate and copy the word out neatly himself.