

Goals of Beth

SHORT TERM GOALS

- 1) Get more clothes - shopping
- 2) Increase Shopping Skills
 - For an Activity: shop for clothes activity
 - Go grocery Shopping
- 3) Cooking Skills
 - Study recipes
 - Make dinner
- 4) Setting Up Dates
 - Work on Telephone Communication
 - Plan Activities
 - Transportation
 - Conversational Skills
 - Money Management
- 5) Transportation
 - Plan Route on CAT bus
 - Use of Money for the CAT bus
- 6) Increase Physical Activities
 - Go for a walk around the block
 - Plan to do a sport for an
- 7) Leisure Skills
 - Go shopping with a friend
 - Go to the mall with a friend
 - Eat out with family or friends
- 8) Money Management
 - Increase checking skills
 - Using ATM card
 - Savings Account
- 9) Own schedule
 - Increase personal responsibility
 - Time management skills
- 10) Apply for SSI