



# Summertime Skill Series: Sunshine, Summer time, and Smart Goals

Session 1, June 30<sup>th</sup>, 2020

# Session Agenda's at a Glance

- Session 1: DHS/CMS Requirements, Intro to SMART Goal Training, Case Study/Practice
- Session 2: Care planning for Assessed Needs, SMART GOAL Practice, Case Study
- Session 3: SMART Goal Practice, Case Study, Common SMART Goals, and SMART Goals Example Guide

# Agenda for Session 1

- Regulations and Requirements: DHS/CMS differences
- Why do we need SMART Goals?
- Introduction to Writing SMART Goals, how to tell if a goal is SMART, SMART Goal Examples
- Case Study/Practice writing SMART Goals
- Next Steps
- Questions/Comments

# DHS: Person Centered Focus vs CMS Clinical Focus



# Why Smart Goals Training?

Gorman Mock Audit Feedback	CMS Focus on Measurable Outcomes and Elements	Best Practice
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# SMART GOAL EXPECTATIONS

- ✓ All GOALS will be SMART Goals starting 9/1/2020 and will be auditable
- ✓ CAPS will not be assessed until 2021 Audit

# What is a SMART GOAL?

Specific	Measurable	Achievable	Realistic	Timely
<b>S</b>	<b>M</b>	<b>A</b>	<b>R</b>	<b>T</b>
<b>G</b>	<b>O</b>	<b>A</b>	<b>L</b>	<b>S</b>
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

Specific: What is the member wanting to accomplish? What are they aiming for?

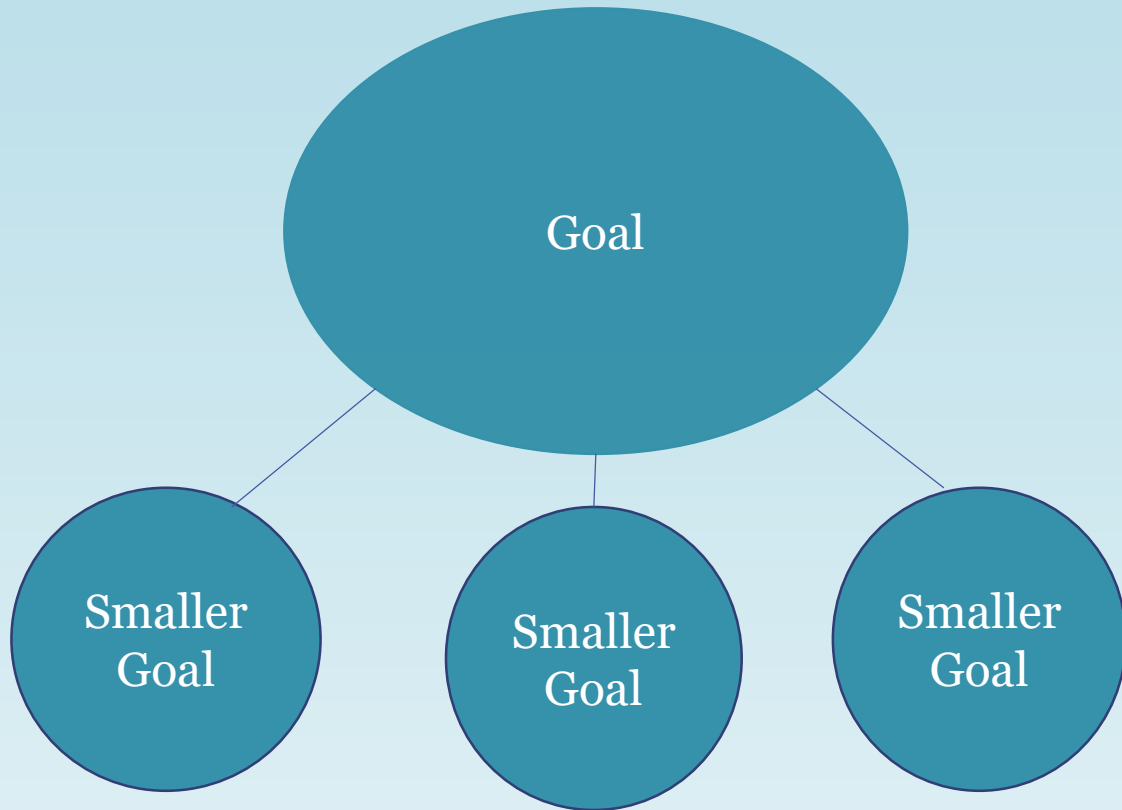




# Measurable: Ask yourself, “How would I measure this?”

Non-Measurable	Measurable
Mary would like to have fewer falls	Mary will report zero falls or Mary would like to avoid having any falls over the next year
Mary would like to have an improvement in her overall pain caused from her arthritis over the next year.	Mary would like to rate her pain as less than 5
Mary would like to have as few seizures as possible	Mary will report less than 3 seizures
Mary and family would like weight to be stable over the next year	Mary will not gain more than 10 lbs

Attainable: Some goals need to be broken down into achievable steps/pieces.



Not Attainable	Attainable
Mary wants to lose 100 lbs	Mary will lose 10 lbs
	Mary will walk 5" 3x/day
	Mary will eat sweets no more than 3x/wk

# Relevant

Make sure the goal reflects what's important to the individual. Use Motivational interviewing to help tie identified needs from the assessment to goals.

- Why is this goal important to the member?
- How will this goal benefit your member?
- Will the member stay committed to the goal?
- Will this objective lead to achieving the related goal?
- Is it worthwhile and reasonable to measure this goal?



# Time-Bound

- What is the time Frame?
- When will this objective be achieved?
- Is this time frame realistic?
- Should it be closer or in the future?



Rank by Priority	My Goals	Support(s) Needed	Target Date	Monitoring Progress/Goal Revision date	Date Goal Achieved/ Not Achieved (Month/Year)
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Time-bound is built into the care plan goal section; no need to restate in your goal

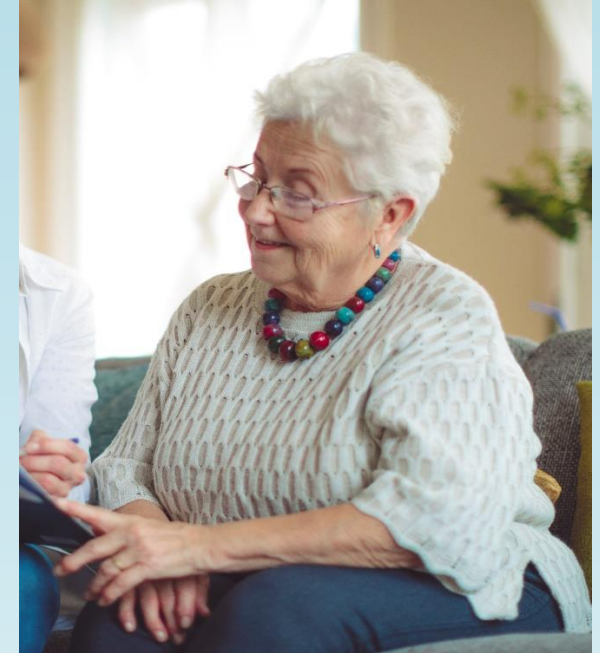
# SMART GOAL EXAMPLES: Pain, ER Use, Falls

Goal Type	SMART	Not SMART
Pain:	Member will self-report decrease in pain by 1-2 points on a scale of 1-10 by the next review.	I want to continue to be comfortable.
	Member will self report taking pain medications as prescribed by next review.	Member will be free from pain.
ER Use:	Member will self report using the Nurse/Careline before going to the Emergency room by the next review.	Member will not have any ER hospitalizations this year.
	Member will report having a list of nearest urgent care providers by next review.	Member will go to urgent care instead of going to the ER.
Falls:	Member will self report any falls to Provider, Caregivers, and Care Coordinator by next review.	I want to remain safe in my home at my highest level of independence, free of falls, injury and neglect with the following services to support me.
	Member will remove all throw rugs in their home by next review to decrease falls risk.	I will not fall and will continue to live safely in my chosen home.

# Case Study: Gertrude

You see Gertrude for her Annual HRA visit. Gertrude reports she still needs assistance with bathing and grooming, which she receives from her daughter, as well as some help with housekeeping and paperwork. Gertrude states that her strength and stamina “just isn’t what it used to be”. After further discussion Gertrude decides that she would love to be able to walk around the block every day. She loves getting out in the fresh air, seeing her neighbors.

- (Gertrude, Member, I) will self-report doing her exercises 3 times per week by the next review.
- (Gertrude, Member, I) will complete a Physical Therapy Assessment by September 1<sup>st</sup>.
- (Gertrude, Member, I) will self report daily walks by her next review.

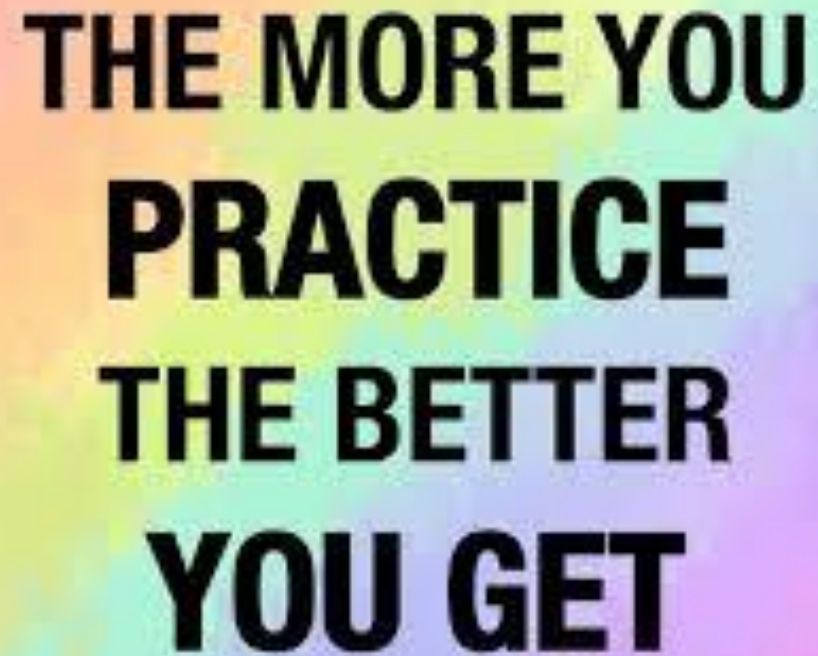


# CCP Example

Rank by Priority	My Goals	Support(s) Needed	Target Date	Monitoring Progress/Goal Revision date	Date Goal Achieved/ Not Achieved (Month/Year)
<input type="checkbox"/> Low <input checked="" type="checkbox"/> Medium <input type="checkbox"/> High	I will complete a Physical Therapy Appointment.	CC assit scheduling appointment with PCP to discuss Physical Therapy.	8/1/2020	7/16/2020: Outreach to member who states they did see there PCP who has ordered a Physical Therapy Evaluation.	7/16/2020

Rank by Priority	My Goals	Support(s) Needed	Target Date	Monitoring Progress/Goal Revision date	Date Goal Achieved/ Not Achieved (Month/Year)
<input type="checkbox"/> Low <input checked="" type="checkbox"/> Medium <input type="checkbox"/> High	I will self report daily walks by next review.	Daughter to accompany member on walks.	12/1/2020	7/16/2020: check in with member who states she is walking 1 x p/week 12/1: Report by member she is now walking daily	12/1/2020

Next steps: Practice writing SMART GOALS  
during your next assessments

A rectangular graphic with a vibrant rainbow gradient background. The text is centered and written in a bold, black, sans-serif font.

**THE MORE YOU  
PRACTICE  
THE BETTER  
YOU GET**



# Questions??

- Please use chat function in WebEx to send Questions
- For questions after this session you can reach out to me at:  
[Kera.Morelock@Medica.com](mailto:Kera.Morelock@Medica.com)

