



## MOVING FORWARD - GOAL PLANNING WORKSHEET

What are the individual's strengths and needs?	
<b>Strengths:</b>	<b>Areas of need:</b>

Next Steps	What do I need to prioritize?	Resources I need (Check in <i>Moving Forward Webinar</i> for ideas!)
<b>Managing the Diagnosis as a Family</b>	<input type="checkbox"/> Explaining FASD to my child/youth/adult <input type="checkbox"/> Self Care for the caregiver <input type="checkbox"/> Finding respite ( <i>i.e. Halton Support Services, Special Supports at Home</i> ) <input type="checkbox"/> Finding sibling support groups <input type="checkbox"/> Finding caregiver support groups	
<b>Building Supports</b>	<input type="checkbox"/> Accessing financial support ( <i>i.e. SSAH, ODSP, DSP, Child Disability Benefit to Child Tax Credit, Disability Tax Credit</i> ). <input type="checkbox"/> Medical/Physical services <input type="checkbox"/> Mental Health/trauma services <input type="checkbox"/> Advocacy at school <input type="checkbox"/> Employment supports <input type="checkbox"/> Stable housing	
<b>Resources</b>	<input type="checkbox"/> Halton FASD Resource Team <input type="checkbox"/> FASD support services ( <i>i.e. ROCK, Support House</i> ) <input type="checkbox"/> CanFASD <input type="checkbox"/> Health Nexus	