

My Goals & Outcomes

Aroha Ataahua



Kia ora and Hello!

My name is Aroha Ataahua and this is my My Goals & Outcomes (lifestyle plan). This document will help you to support me to live my life fully and as independently as possible. Please read it so you can get to know me and understand what is important to me.

Thank You!

Goal and Milestone Details

Goal: **To have a gym membership**

Status: In Progress

Service Area: Day Services

Capacity: Physical Wellbeing

3 Fold: Physical

Start Date: 16/10/2020

Review Date: 15/02/2022

Supervisor: Charles Wallace

Signed Off Date: 25/10/2020

Risk Assessment: Get an approval from Physio. Funding approved.

Notes: Get approval from Physio. Use Covid Tracer app for every visit.

Milestone Status: 

Milestone(s): 4/5 Completed, 80%

Milestones: Milestones Details

Index	Status	Milestone
1	Achieved/Completed	Get an approval from my Physios
2	Achieved/Completed	Make a routine plan to go to gym
3	Achieved/Completed	Buy activewear
5	Achieved/Completed	Arrange for transport
6		Buy Gym membership

Goal and Milestone Details

Goal: **Better express myself by writing articles on computer**

Status: Achieved/Completed

Service Area: Day Services

Capacity: Communicaton

3 Fold: Soul

Start Date: 01/01/2022


Review Date: 31/01/2022

Supervisor:

Signed Off Date: 11/01/2022

Risk Assessment:

Notes: Looking forward for a blog post and share with everyone

Milestone Status: 
Milestone(s): 3/3 Completed, 100%

Milestones: Milestones Details

Index	Status	Milestone
1	Achieved/Completed	Arrange a time with Evan to go through basics
2	Achieved/Completed	Create my profile in computer
3	Achieved/Completed	Write an artcile 'About Me'

Goal and Milestone Details

Goal: **Going to Hamner**

Status: Not Applicable

Service Area: Residential

Capacity: Participating & Contributing

3 Fold: Physical

Start Date: 01/01/2022

Review Date: 31/01/2022

Supervisor:

Signed Off Date:

Risk Assessment:

Notes:

Milestone Status: 

Milestone(s): 2/4 Completed, 50%

Milestones: Milestones Details

Index	Status	Milestone
1	Achieved/Completed	Book a car
2	Achieved/Completed	Ask friends to come around
3	In Progress	Based on number, pick up activities
4		Based on number, book a motel