

# Plan of Care

Your supervisor probably has asked you if your Plans of Care are up-to-date... or maybe you've heard your co-worker state that they have to update a Plan of Care this week. What makes the plan of care so important?

The Plan of Care is the roadmap for a child in Case Management Services. It tells us where we start and when we're finished. It guides us along the way and lets us know if we get too far off course. It is important to keep it up-to-date because if your family is operating with an outdated Plan of Care, then that is the same as trying to cut wood with a screwdriver. If you don't have the right tool for the job, the needs don't get addressed the way that they should. So, let's look at the pieces and parts of the Plan of Care.

## What it is:

- ◆ Tool for treatment use by all parties of the team
- ◆ Mandated document
- ◆ Tied to the strengths/needs assessment
- ◆ Ties together the medical model and strengths model

## Things to Remember "Maintenance & upkeep"

Due within 30 days of referral of client

Must be updated every 90 days or less

Must include collaboration with family/treatment team

## Your Role in the Plan of Care

- ◆ Initial development
- ◆ Maintaining updates
- ◆ Communication with the WAF
- ◆ Coordinating services to support the plan of care

## Specific elements:

### Goals

Must be attainable  
Must be understandable  
Must be meaningful to family/client

### Objectives

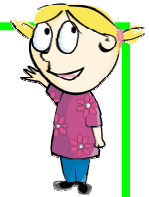
Measurable  
Relate to the goal  
Help achieve the goal  
Factual rather than subjective

### Action Steps

Assigned to members of the team  
The "baby steps" taken to achieve objectives

### Measurement Strategy

How we monitor progress  
Meaningful  
Charts/Inventories (CBCL, CAFAS), school reports, etc.



## Support Central

See the following resources for more information:

- [Ten Steps Toward a Well Constructed Plan of Care](#)
- Kids Training Team Basic Case Management Training Manual
- [www.kidstraining.org](http://www.kidstraining.org)

The Plan of Care is a map for all members of the treatment team. Everyone uses it, refers to it and has a say in its development. It's like the compass on your cross country hike through Europe. If it doesn't break, it will always point north; if you follow it, you won't be led astray and with patience and determination you will find your destination.