



Embedding Health Goals into the IEP

The goals in the IEP should be set after taking a close look at the Present Levels of Functioning.

Examples of Health Goals in the IEP

- Amanda will learn how to sort her medications and maintain a daily chart.
- George will learn skills to transfer himself from his wheelchair to other seating surfaces.
- Henry will practice calling the pharmacy to get a prescription refill.
- Kailey will learn how to monitor her blood glucose level.
- Jermaine will develop interview questions and contact 2 adult care physicians to interview during first semester so he can choose an adult provider before age 21.
- Mimi will independently use a programmed alarm watch 9 out of 10 times as a prompt to request a visit to the nurse's office to take her medications.
- Using the Dynavox communication tool, Tedi will answer yes/no/I don't know to a set of health-related questions in preparation before each doctor's appointment 3 out of 5 times.

Examples of Accommodations/Modifications

- Permission to use the bathroom or visit the school nurse at any time to attend to XX health condition.
- Immediate access to water or inclusion of a water bottle throughout the day.
- Permission to have snacks at certain times because of blood sugar or other health problems.
- Use of a Palm Pilot or laptop computer to keep track of medical data and schedules.
- Use of a picture schedule in order to keep track of daily routines and protocols.
- Use of an alarm watch in remembering medical schedules.
- Shortened school day or shortened class periods to accommodate health/stamina.

Once goals are set, it is important to determine who will help with the implementation of the goals.

For example: The school nurse might need to provide input and oversight on Kailey's goal of monitoring her blood glucose level or a Physical Therapist will be required to show George the correct way to help him transfer from his wheelchair to other seating areas.

Compiled from the Southern Regional CYSHCN Center at the Waisman Center UCEDD