What are person-centered functional goals?
• Goals identified by the client, in partnership with the clinician and family, that allow participation in meaningful activities and roles

Why target person-centered functional goals?
• To maximize outcomes that lead to functional improvements that are important to the individual
• To optimize the individual’s potential to participate in meaningful activities
• To facilitate a partnership that ensures the individual and family have a voice in the care received and outcomes achieved
• To demonstrate to the payers the value of skilled services

What is the ICF, and how does it help?
The International Classification of Functioning, Disability and Health (ICF)—developed by the World Health Organization (WHO)—is a framework to address functioning and disability related to a health condition within the context of the individual’s activities and participation in everyday life.

ICF: International Classification of Functioning, Disability and Health

- **Health Condition**: disorder or disease that informs predicted comorbidities and prognosis
- **Body Functions and Structures**: anatomical parts and their physiological functions
- **Activities and Participation**: execution of tasks or involvement in life situations
- **Environmental and Personal Factors**: physical, social, attitudinal, and environmental factors and factors within the individual’s life

ADDITIONAL RESOURCES:  
asha.org/slp/icf/ • who.int/classifications/icf/en/
**Case study: Mr. B**

### Health Condition: Severe Hearing Loss and Fall Risk

#### Assessment Data

**Body Functions and Structures**

**Sensory**
- Benign paroxysmal positional vertigo; poor otolith function
- Severe bilateral sensori-neural hearing loss (aided)
- Normal visual acuity (aided)

**Language and Cognition**
- Mild expressive aphasia
- Moderate memory impairment

**Cardiovascular**
- Blood pressure controlled with medication

**Neuromuscular/Skeletal**
- Decreased muscle strength and mobility

#### Activities and Participation

- Is unable to safely navigate stairs to basement for laundry
- Does not adhere to safety instructions from caregivers due to hearing and memory impairments
- Needs assistance with meals and other household tasks
- Has limited social interaction—a result of hearing impairment and limited mobility

#### Environmental and Personal Factors

- Is 90 years old
- Walks with cane
- Wears hearing aids
- Wears glasses
- Uses stair lift to get to second floor
- Uses multiple medications that may affect balance
- Receives caregiver help with meals, shopping, and laundry
- Is depressed by isolation and reduced independence

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**Clinical Reasoning**

- What impairments most affect function in the current setting or at discharge, based on clinician assessment and the individual's self-report?
- What activities are most important to the individual in the current or discharge setting?
- What environmental/personal characteristics help or hinder participation in activities or situations in the current or discharge setting?

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**Goal Setting**

**Mr. B’s Functional Goals**

**Long-Term Goal:**
Mr. B will use caregiver and environmental supports to remain in his home without falls.

**Short-Term Goals:**
- Mr. B will keep written instructions and caregiver information in an accessible location and explain them to family members when given moderate cues.
- With minimal cues from familiar listeners, Mr. B will use communicative repair strategies to resolve communication breakdowns.
- Mr. B will demonstrate how to activate a body-worn alert system and describe when to use it in the event of a fall or illness.