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/](asha.org/slp/icf/)  •  [who.int/classifications/icf/en/](who.int/classifications/icf/en/)
## Person-Centered Focus on Function: Swallowing

**Case study: Mr. J**

### Health Condition: Right CVA With Dysphagia

#### Assessment Data

<table>
<thead>
<tr>
<th><strong>Body Functions and Structures</strong></th>
<th><strong>Activities and Participation</strong></th>
<th><strong>Environmental and Personal Factors</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Oral swallow</strong></td>
<td></td>
<td>• Is 72 years old</td>
</tr>
<tr>
<td>• Reduced range of motion in tongue, lips, and jaw</td>
<td>• Coughs when drinking thin liquids</td>
<td>• Has comorbid chronic health conditions—diabetes and hypertension</td>
</tr>
<tr>
<td>• Reduced labial closure with poor management of secretions</td>
<td>• Cannot safely chew and swallow preferred solid food items</td>
<td>• Receives limited family support for compliance with diet modification</td>
</tr>
<tr>
<td>• Poor tongue lateralization with food pocketed in left buccal cavity</td>
<td>• Cannot locate food and liquid on the left side of the table</td>
<td>• Has limited access to rehabilitation services</td>
</tr>
<tr>
<td><strong>Pharyngeal swallow</strong></td>
<td></td>
<td>• Was previously independent with the aid of technology</td>
</tr>
<tr>
<td>• Poor pharyngeal constriction</td>
<td></td>
<td>• Has sufficient financial resources to pay for personal care</td>
</tr>
<tr>
<td><strong>Cognitive function</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Reduced insight and safety judgment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Impulsivity</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### 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?

#### Goal Setting

**Long-Term Goal:**

Mr. J will safely consume modified diet in the community and at home to maintain full hydration and satisfy nutritional needs.

**Short-Term Goals:**

- In 90% of trials—with moderate verbal cues during 30-minute meals, Mr. J will check and clear pocketed material.
- With minimal cues, Mr. J will use customized scanning strategies to locate and consume food and drink during a meal.
- In 90% of trials of a home exercise program, Mr. J will use mobile technology to increase range and strength of lips, tongue, and jaw so that he can drink from a straw and eat without oral spillage.
- With minimal cues, Mr. J will self-monitor his rate of drinking and use compensatory strategies to eliminate coughing.

**Mr. J’s Functional Goals**

**Person-Centered Focus on Function: Swallowing**

For clinical and documentation questions, contact healthservices@asha.org. The interpretation of ICF and examples above are consensus based and provided as a resource for members of the American Speech-Language-Hearing Association.