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
- Environmental and Personal Factors: physical, social, attitudinal, and environmental factors and factors within the individual’s life
- Activities and Participation: execution of tasks or involvement in life situations

ADDITIONAL RESOURCES: asha.org/slp/icf/ • who.int/classifications/icf/en/
**Person-Centered Focus on Function: Voice**

**Case study: Ms. S**

**Health Condition: Vocal nodules**

<table>
<thead>
<tr>
<th>Assessment Data</th>
<th>Body Functions and Structures</th>
<th>Activities and Participation</th>
<th>Environmental and Personal Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ENT diagnosis of vocal nodules</td>
<td>Inability to teach for longer than 10 minutes without significant vocal fatigue</td>
<td>Age: 37</td>
</tr>
<tr>
<td></td>
<td>No history of neurological or respiratory conditions</td>
<td>Limited ability to engage in recreational acting roles</td>
<td>Occupation: elementary school teacher</td>
</tr>
<tr>
<td></td>
<td>Rough, breathy, strained vocal quality</td>
<td>Reduced ability to talk in social situations at the end of the day</td>
<td>Vocal use: approximately 7 hours per day</td>
</tr>
<tr>
<td></td>
<td>Vocal quality that worsens with use and fatigue</td>
<td>• Increased muscle tension (neck/strap muscles)</td>
<td>Constant background noise during afternoon classes</td>
</tr>
<tr>
<td></td>
<td>Increased muscle tension</td>
<td>Use of caffeinated beverages to hydrate herself throughout the day</td>
<td>Self-described as “talkative” and “outgoing”</td>
</tr>
</tbody>
</table>

**Clinical Reasoning**

What impairments most affect function, based on clinician assessment & individual’s self-report?

How does the individual’s voice impairment impact fulfillment of life roles (occupational, social, recreational)?

What environmental/personal characteristics help or hinder the client’s participation in activities or situations?

**Goal Setting**

**Ms. S’s Functional Goals**

**Long-Term Goal:**
Ms. S will demonstrate healthy vocal quality in the context of her daily work and social activities during continuous voice use for at least 15-minute monologues.

**Short-Term Goals: Ms. S will:**
- Identify baseline behaviors that impact vocal hygiene by charting frequency of instances of unhealthy vocal behaviors (loud talking, throat clearing) as they occur throughout the day in natural settings x 1 week;
- Reduce laryngeal hyperfunction by demonstrating use of appropriate resonant voice focus on 18/20 phrases produced with the clinician in the therapy room;
- Use portable microphone for at least 3 hours of teaching per day;
- Explore options for reducing background noise in teaching environment and implement three strategies over the course of 1 month, reporting results back to the clinician.

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.