

Worksheet A – In-service: Strength Based Care Planning Using BASICS
 (Example of common method of care planning that is not strength based)

Level of Basics	Problem	Goal
	Weight loss of 4 lbs. in past month	Gerald will gain 1 lb. in the next month.
	Unsafe wandering	Gerald will walk around the building with no falls or exiting the building for the next 60 days.
	Resident avoids interactions with others	Gerald will hold two brief conversations with his table-mates when at meals in the dining room 50% of the time for the next 60 days.
	Resident has hearing problem (refuses to wear hearing aid)	Gerald will be able to hear and respond on topic by wearing earphone amplifiers to daily activities for the next 60 days.
	Resident expresses sadness over loss of singing with a group	Gerald will have participate in singing with the weekly music group.
	Resident expresses sadness over lost status as a minister and no longer taking part in religious services	Gerald will be invited and brought to the interfaith religious service broadcast on TV weekly.