

EVERWELL PERSONAL ACTION PLAN

Your Goals. Your Priorities. Your Life.

Everyone has different goals, priorities, and ideas about what makes life meaningful.

You may want to remain independent, get to appointments more easily, spend more time with family, participate in your community, or make everyday activities easier.

Use this guide to identify what matters most and plan your next steps.

What Matters Most to Me?

Check the areas that are important to you.

- ☐ Staying independent
- ☐ Staying safe at home
- ☐ Getting to appointments and important destinations
- ☐ Managing everyday activities
- ☐ Spending time with family and friends
- ☐ Participating in my community
- ☐ Health and wellness
- ☐ Employment or education
- ☐ Hobbies and interests
- ☐ Social activities
- ☐ Transportation
- ☐ Family/caregiver support
- ☐ Other: _____

My Main Goal

Something I would like to accomplish:

Why Is This Goal Important to Me?

My Action Plan

What I want to do:

Who can help me:

When I would like to work on this:

My next step:

People Who Support Me

Family/Support Person: _____

Phone: _____

Healthcare Provider: _____

Caregiver/Home Care Support: _____

Transportation Support: _____

Other: _____

What Is Going Well?

Where Could I Use More Support?

My Next Step

One thing I can do this week:

A Reminder From Everwell

Your goals matter. Your choices matter. Your voice matters.
Your needs may change over time, and your plan can change with you.

Everwell Home Care
More Than Care. Support for Living.
Care • Connect • Empower
