

What Are Long-Term Care Outcomes?

You and your Family Care Team will use ‘outcomes area’ to make your plan. These outcomes are conditions or circumstances that are of value in and of themselves to you. Outcomes can also be described as goals, hopes or dreams. This helps make sure your plan is right for **you**. That’s called being “member-centered.” A member-centered plan shows what you like and how you want to live your life.

There are 12 outcome areas. You and your team will talk about each of these areas together. Then you will develop your plan of care together.

Outcome Tips:

- **Think about these outcome areas before you meet with your team.** Take your time to decide what means the most to you.
- **Think about your outcomes, not the services you have now.** There is often more than one way to help reach a goal or “outcome.”. Be clear about what your goal is first. Then you can explore different ways to meet that goal.
- **Outcomes are about what YOU want for your life.** What you want for your life may be different from what your friends or family want for you, or what your nurse or social worker want for you. That’s okay!

What Are The Outcome Areas?

1. I decide where and with whom I live.
2. I make my own decisions regarding my supports and services.
3. I work or do other activities that are important to me.
4. I have relationships with family and friends I care about.
5. I do things that are important to me.
6. I am involved in my community.
7. My life is stable.
8. I am respected and treated fairly.
9. I have privacy.
10. I have the best possible health.
11. I feel safe.
12. I am free from abuse and neglect.