

## Goals for Self Management

	<b>3 TO 5 YEARS</b>	<b>6 TO 7 YEARS</b>	<b>8 TO 12 YEARS</b>	<b>13 TO 15 YEARS</b>	<b>16 YEARS AND OLDER</b>
<b>Airway Clearance</b>	<input type="checkbox"/> Helps gather percussor cups  <input type="checkbox"/> Puts on Vest	<input type="checkbox"/> Becomes responsible for initiating treatment  <input type="checkbox"/> Helps set up Vest	<input type="checkbox"/> Sets up and puts away equipment.  <input type="checkbox"/> Is more responsible for initiating treatment	<input type="checkbox"/> Responsible for initiating treatment with supervision.	<input type="checkbox"/> Initiates all treatments according to treatment plan
<b>Inhalation Therapy</b>	<input type="checkbox"/> Begins involvement in preparing nebs: squirt saline in neb  <input type="checkbox"/> Holds chamber	<input type="checkbox"/> Becomes responsible for initiating treatment  <input type="checkbox"/> Helps to clean equipment with close supervision  <input type="checkbox"/> Cleans equipment independently, but needs monitoring & support that job is completed	<input type="checkbox"/> Requires minimal reminders for starting treatments  <input type="checkbox"/> Prepares equipment with supervision & support  <input type="checkbox"/> Cleans equipment correctly	<input type="checkbox"/> Initiates Treatment according to treatment plan  <input type="checkbox"/> Prepares & cleans equipment independently	<input type="checkbox"/> Initiates treatment according to treatment plan  <input type="checkbox"/> Prepares & cleans equipment without supervision.
<b>Enzymes</b>	<input type="checkbox"/> Counts enzymes with parents  <input type="checkbox"/> Mixes own enzymes with applesauce	<input type="checkbox"/> Swallows nzymes <input type="checkbox"/> Knows which foods need enzymes <input type="checkbox"/> Takes enzymes correctly when reminded <input type="checkbox"/> Reminds / requests enzymes within 30 minutes / while eating	<input type="checkbox"/> Takes enzymes with minimal supervision or reminders  <input type="checkbox"/> Able to explain how symptoms are related to dose  <input type="checkbox"/> Knows dose <input type="checkbox"/> times taken <input type="checkbox"/> side effects	Takes enzyme <input type="checkbox"/> correctly <input type="checkbox"/> consistently without needed to be reminded	<input type="checkbox"/> Calls pharmacy for refills of enzymes
<b>Medication</b>	<input type="checkbox"/> Puts pills into pill sorter with parents checking for accuracy	<input type="checkbox"/> Able to name pills and identify action of each <input type="checkbox"/> Becomes responsible with parent for filling pill sorter <input type="checkbox"/> Reminds parent when pills are not available at appropriate times	<input type="checkbox"/> Initiates taking meds <input type="checkbox"/> Takes meds consistently <input type="checkbox"/> Knows how body function relates to reason for taking each med <input type="checkbox"/> Knows dose <input type="checkbox"/> times taken <input type="checkbox"/> side effects <input type="checkbox"/> Helps keep medication inventory	<input type="checkbox"/> Takes medications with minimal supervision  <input type="checkbox"/> Responsible for medication inventory	<input type="checkbox"/> Is independent with taking meds  <input type="checkbox"/> Calls for refills of prescriptions
<b>Overall Management</b>			<input type="checkbox"/> Prepares and asks questions of team at visit <input type="checkbox"/> Keeps record of monthly period <input type="checkbox"/> Takes care of own menstrual needs <input type="checkbox"/> Knows how to use & read thermometer	<input type="checkbox"/> Calls to schedule own medical/dental appts <input type="checkbox"/> Keeps calendar of medical appts Sees team alone <input type="checkbox"/> part of visit <input type="checkbox"/> entire visit	<input type="checkbox"/> Calls Center directly when sick Knows medical coverage # or keeps <input type="checkbox"/> on person <input type="checkbox"/> Keeps file of own medical information