



# PLANNING YOUR Next Steps



Autism services and supports are often identified by parents and caregivers as a maze of services lacking clear care coordination and support. As a result, navigating services and supports for your child may feel overwhelming. This worksheet was designed with families and providers in mind to help improve coordination and collaboration among providers, helping to clearly identify next steps at medical and therapeutic appointments.

We recommend completing this document in collaboration with your provider at the end of any medical and/or therapeutic services appointment. We encourage you to bring this document to your future and upcoming appointments, ensuring all providers are all the same page and can best support you and your family.



## What matters most right now?

### STRENGTHS

### VALUES

### NEEDS

### GOALS

Goal Statement:

Responsible Party:

Action Step:

Resource:

Target Date:

### FOLLOW-UP PLANS AND CHECK-INS

How will we stay connected? (phone call, text, email, meeting)

Check-In Schedule (What will we review @ check-in?)