

<b>SERVICE OUTCOME AND SUPPORT</b>	
<p><b>Name:</b> Crystal Ronning</p> <p><b>Date of development:</b> May 18, 2021</p> <p><b>Projected start date for implementation:</b> May 24, 2021</p> <p><b>Date by which progress towards accomplishing the outcome will be reviewed and evaluated:</b> Progress is reviewed quarterly by designated coordinator and evaluated at minimum annually by team.</p>	<p><b>Outcome #:</b> 2</p>
<p><b>Outcome statement with measurable and observable criteria for outcome achievement:</b> Crystal will exercise for at least 10 minutes daily, 75% of trials until next review.</p>	
<p><b>Methods or actions that will be used to support the person and to accomplish the outcome:</b> Crystal has the goal of improving her health and living a healthier lifestyle by exercising more.</p> <ol style="list-style-type: none"> <li>1. Crystal has a few different ways to stay active at PAI, with typically a few different fitness classes being offered (yoga, dance, walking club, personal fitness, group fitness, etc.) as well as the opportunity to exercise on her own.</li> <li>2. If Crystal is taking a fitness class any day in particular, that will count as achieving this outcome for that day.</li> <li>3. On days where Crystal is not participating in a fitness class, Crystal will use her down time (morning, break, lunch, or the end of the day) to stretch or walk for at least 10 minutes.</li> </ol>	
<p><b>Changes or modifications necessary to the physical and social environments:</b> N/A- Crystal knows that space is tight right now with covid-19 precautions in place but knows where appropriate places that she can stretch or walk are.</p>	
<p><b>Equipment and/or materials required:</b> Exercise equipment such as yoga mats and weights are available to use at PAI if Crystal chooses.</p>	
<p><b>Techniques that are used that are consistent with the person’s communication mode:</b> Crystal communicates verbally and takes verbal direction well. On days when Crystal is tired or does not feel like exercising, staff will verbally encourage Crystal by reminding her of all of the healthy benefits of staying active and moving your body.</p>	
<p><b>Techniques that are used that are consistent with the person’s learning style:</b> Crystal learns through verbal direction and modeling. If Crystal is interested in trying out new exercises or using new equipment, staff will model the equipment and show Crystal how it is used. Staff can also show Crystal some different stretches and aerobics she may choose to try.</p>	
<p><b>Data collection method:</b> A data tracking form will be used to record data. If Crystal exercises for at least 10 minutes that day, staff will record a “y.” If Crystal does not exercise for at least 10 minutes, staff will record a “n.”</p>	
<p><b>Names of staff or positions responsible for implementing the supports and methods:</b> Direct Support Professionals, Lead Direct Support Professionals, and Program Supervisors.</p>	