

Check Backwards Planning User Guide

Domain Cards

- Print domain cards on cardstock
 - Left column: Domain names - front of card
 - Right column: possible prompts - back of card
- Cut out each domain name and prompts (cut across each domain & prompt – not down the center)
 - Fold cards in half
 - Tape to secure

Board

- Print board on cardstock
 - DO NOT INCLUDE THE TEXT THAT HAS BEEN ADDED INTO THE BOXES (example: 3) Use Motivational Interviewing) Please note, but ease text when printing boards.

Travel Options

- Put cards/board in zip lock bag
- Purchase chords: http://www.amazon.com/Meco-Stainless-Steel-chain-Cable/dp/B00D1MDY98/ref=pd_ybh_1
 - Punch hole in the corner of domain card. Do the same for the board.
 - Slide domain cards and board onto the mental chord for easy travel

Purpose

The purpose of backwards planning is to determine a care plan based off patient priorities. The cards help highlight different health goals. The board will help patients organize their health goals according to what they deem as priority.

Our organization has purchased the cords mentioned in the “travel options” to connect “Check Backwards Plan” and “Highlight Progress with Data”.

- Using the different titles from the board (URGENT - Really important to me, URGENT - Somewhat important to me, etc..) we’ve created separators to put on the cords with the exact board phrasing.
- We then attach the different domain cards to the corresponding title (example: “Really important to me” - “legal issues”. “Legal Issues” would be placed behind the “really important to me” separator.
- When the patient is satisfied with the progress they’ve made on a certain domain. They are able to physically move it to the back of the cord - this is where

we bridge "Check Backwards Plan" and the "Highlight Progress with Data" lessons.

***** We are still in the beginning phases of Check Backwards Plan - we would greatly appreciate your feedback on anything we could do to make this a better system.***

Activity

- 1) Take out cards and board.
- 2) Go through each domain card with the patient
 - a. Explain the purpose of the board.
- 3) Read off each domain to the patient (use prompts on back if you need a conversation starter).
- 4) Have the patient place domain cards in the squares that corresponds to the domains importance.
- 5) Develop care plan based off domain card titles and placement on board