**Week 7:**

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| **Lesson Plan—Goal Setting**  **Review Community Resources** |
| **Learning objectives**: Participants will state two community resources that would be helpful to them.  Participants will state understanding of setting long and short term goals for exercise  . |
| **Materials for leadership team:**  **Training guide—plus home safety assessment** |
| SMART goals  Community Resources overview  Complete all initial screenings: TUG  Fear of Falling Knowledge  STEADI |
| **Greet all by name—review homework on thoughts/feelings/what do you do to stay motivated —Review who can can help me? What do I need help with?**  **What are my goals? Long and short term?**  **Questions from materials Today we are discussing Community Resources Setting Goals—**  **How was your week? For some it was a great week—for others not aa much Let’s investigate: What made this a great week? How would you repeat that?**  **If not a great week---what were the barriers? How can we brainstorm to overcome?  Discuss for 10-15 minutes**  **Community Resources-- Who is on your team: Who are people that encourage you to be healthy?**  **What do they say?**  **What do they do? Is there someone here that you can become an “encourager” for?  Social Support handout-- someone to listen Someone to participate with you in exercise—accountability Someone to encourage you Someone to provide knowledge Someone to assist you**  **What are other assets: Life long learning Parmacist for meds PT for physical actiiveiyt Wellness people  Family Friends outside of the community**  **Daytime hours**  **Goals for the next week: Walking—30 minutes—4-5x/week? Balance exercise daily?**  **Homework—In class worksheet short-term and long term goals Think about who are my resources—handout What group or person would you like to reach out to for support this week? What speicifi challenge do you need support to overcome?**  **How can you continue to communicate to yourself and others to meet goals?  communication is key to building supportive relationships.**  **Choose good team-mates in your support network**  **Review all walking logs, balance exercise Next week final goals** |
| **Continue your exercises: Walking 25-30 minutes (3-4x/week)—Check walking record Review balance exercises  Forward: Goals**  Complete handouts: TUG Fear of Falling STEADI  Knowledge |
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