Goals for Self Management

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