

Supplemental Figure 1. Goal-planning worksheets.

Adapted from “A New Approach to Group Visits: Helping High-Need Patients Make Behavioral Change,” by J. Antonucci, 2008, *Family Practice Management*, 15(4), A6. Copyright © 2003-2019 FNX Corporation and Trustees of Dartmouth College.

Goal-Planning Worksheet

ID # for study: D3

1. Problem: Feels down at times																								
2. Achievable goal: Create schedule of activities inside and outside of the house that even out emotions																								
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Totally unconvicted			Unsure		Somewhat convinced		A lot		Extremely convinced															
3. How convinced are you that this is the right goal for you?																								
4. Solutions: <i>1) Identify activities outside of the house</i> <i>2) Identify activities inside of the house</i> <i>3) Create schedule</i>																								
5. Steps for Solution 1: <i>1) Volunteer</i> <i>2) Senior Activity Center</i> <i>3) Exercise</i> <i>4) Church</i>	Steps for Solution 2: <i>1) Plants</i> <i>2) Take care of special items, crystals</i> <i>3) Cook</i> <i>4) Maybe get a dog</i>	Steps for Solution 3: <i>1) Combining activities</i> <i>2) Pacing</i> <i>3) Problem-solving schedule that works</i>																						

6. Problem: Not safe in kitchen and bathroom																								
7. Achievable goal: Put in place behavior changes and adaptive equipment that enhance daily safety																								
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8. How convinced are you that this is the right goal for you?																								
9. Solutions: <i>4) Identify safety issues</i> <i>5) Test behavioral strategies to increase safety</i> <i>6) Environmental solutions</i>																								
10. Steps for Solution 1: <i>5) Evaluate safety issues during home visit</i> <i>6) Identify possible safety issues with patient collaboration</i>	Steps for Solution 2: <i>5) Stay in room when cooking</i> <i>6) Explore impact of rushing and inattention on safety</i>	Steps for Solution 3: <i>4) Explore equipment for bathroom (e.g., raised toilet seat with grab bars, bath bench)</i>																						