



# Phase 3: Treatment Planning

## Assignments:

- Learn the names and roles of team members.
- Create a family-staff communication plan.
- Read the Family Education Manual.
- Learn about the exact nature of the injury and what it means for your loved one.
- Write down the initial short term and long-term goals established.
- Complete family assessments.
- Keep a written log of questions as they arise.

## Looking Ahead:

- How are you doing at taking care of yourself? What resources could help you do better?
- How much do you want to be involved with direct care? There is no right or wrong way to feel about this.
- What goals do you have for your loved one, for you, for your family?
- Think and talk about what the injury means for the family.
- Remember that rehab is not a linear process; there are peaks and valleys.

