Vermont Integrated Communities Care Management Learning Collaborative

Check Backwards Plan- User Guide

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

Board
- Print board on cardstock

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 important.

- Domain cards placed in the top left square represent items of high priority.
- Domain cards placed in the top right or bottom left square represent items of lower priority. These squares offer an opportunity to openly discuss *why* a patient feels they are off lesser importance.
- Domain cards placed in the bottom right square most likely represent items the patient has managed well in the past. This square offers an opportunity to highlight past accomplishments and/or progress.

Activity
1) Take out cards and board and explain their purpose.
2) Read through each domain card with the patient (use prompts on back if you need a conversation starter).
3) Have the patient place domain cards in the squares that corresponds to the domain's importance. Example: need to work on now vs. need to work on later.
4) Develop care plan based off domain card titles and placement on board