



# PERSONAL PROGRAM GOALS FOR PARTNERS

**INSTRUCTIONS:** This form is to be completed by all COMMUNICATION PARTNERS.

**PARTNER NAME & RELATIONSHIP:**

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**DATE OF BIRTH:**

**OCCUPATION:**

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Partners are an integral part of the InterACT program. We realize that the challenges of aphasia affect not only the individual who has it – but all of his/her communication partners. We also recognize that living with someone who has aphasia can be a challenging, and sometimes frustrating experience. The “burn-out” factor for partners can be high.

We know that partners are the key to successful carryover of strategies learned while in the program. Partners are encouraged to attend individual therapy sessions, and partners have their own regularly scheduled group sessions to discuss a number of topics including communication strategies in aphasia, creating communicative environments, and how to handle stress and burn-out. In order to support someone with aphasia, a partner needs to also take care of him/herself – which is sometimes easier said than done!

To plan our partner programming, we need to know your goals for while you are here. Answering the following questions helps us to plan for partner sessions. Please answer these questions *as specifically as possible*.

1. What are YOUR goals in attending the InterACT program?

2. What do you hope your partner will accomplish during the program?

**TURN OVER...**

3. What support topics/issues would be helpful to discuss during the partner sessions/group? (e.g., managing change, dealing with stress, relationships, etc)

4. Have you participated in support groups in the past? If yes, what was your experience?