Five SMART Goal Examples (SDOH-based)

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1. **Housing Instability *(Z-Code: Z59.811 – Housing instability, housed, with risk of loss)* – SMART Goal Example**

Problem/Need: Client received a three-day eviction notice and is at risk of homelessness.
Measurable Goal: Client will complete a housing stabilization plan and submit applications to at least two rental assistance programs.
Target Date: Within 30 days.
Responsibility: Client and Case Manager.
Client Voice: "I just need a safe place so I can focus again."
Expected Outcome: Client obtains short-term housing support and avoids becoming unsheltered.

SMART Goal:
Within **30 days**, the client will complete a **housing stabilization plan** and submit **at least two rental assistance applications**, with support from the ECM Case Manager, in order to secure short-term housing and avoid becoming unsheltered.

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2. **Food Insecurity *(Z-Code: Z59.41)* – SMART Goal Example**

Problem/Need: Client reports running out of food by the third week of each month.
Measurable Goal: Client will be linked to two food resources and enrolled in Cal Fresh.
Target Date: Within 45 days.
Responsibility: Client with Case Manager assistance.
Client Voice: "I want to stop skipping meals."
Expected Outcome: Increased monthly access to food and improved ability to manage diabetes.

SMART Goal:
Within **45 days**, the client will connect to **two community food resources** and successfully **enroll in Cal Fresh**, with Case Manager assistance, to increase monthly access to food and reduce skipped meals.

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3. **Transportation Barriers *(Z-Code: Z59.82 – Transportation insecurity)* – SMART Goal Example**

Problem/Need: Client lacks reliable transportation and has missed three medical appointments.

Measurable Goal: Client will secure consistent transportation through Alliance, Lyft/Uber, or bus passes for all scheduled visits.
Target Date: Within 14 days.
Responsibility: Case Manager to coordinate; client to schedule rides.
Client Voice: "I want to stop missing visits because I can't get there."
Expected Outcome: 100 percent appointment attendance for the next 60 days.

SMART Goal:
Within **14 days**, the client will secure **reliable transportation** (Alliance, Lyft/Uber, or bus passes) for all scheduled medical appointments, coordinated by the Case Manager, to achieve **100% appointment attendance** over the next 60 days.

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4. Financial Strain *(Z-Code: Z59.87 – Insufficient funds for utilities)* – SMART Goal Example

Problem/Need: Client cannot pay PG and has an active shut-off notice.
Measurable Goal: Client will apply to two utility assistance programs and develop a budgeting plan.
Target Date: Within 21 days.
Responsibility: Client supported by Case Manager.
Client Voice: "I feel overwhelmed and I need help getting back on track."
Expected Outcome: Utilities remain connected; reduced financial crisis.

SMART Goal:
Within **21 days**, the client will apply to **two utility assistance programs** and develop a **monthly budgeting plan** with Case Manager support to prevent utility shut-off and reduce financial crises.

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5. Social Isolation *(Z-Code: Z60.2 – Problems related to living alone / social isolation)* – SMART Goal Example

Problem/Need: Client reports being alone most days and experiencing increased anxiety.
Measurable Goal: Client will attend one weekly social support activity and complete a therapy referral.
Target Date: Within 30 days.
Responsibility: Client and Case Manager.
Client Voice: "I want to feel connected and not be alone all the time."
Expected Outcome: Improved mood, increased engagement, reduced isolation.

SMART Goal:
Within **30 days**, the client will attend **one weekly social support activity** and complete a **therapy referral**, with Case Manager support, to improve mood, increase connection, and reduce isolation.

SMART Goal Template for ECM and SDOH Care Planning

Problem/Need:
Describe the specific SDOH barrier identified through screening or documentation.

Measurable Goal:
What exactly will change? Include numbers when possible (visits, days, applications, resources).

Target Date:
When should the goal be achieved?

Who Is Responsible:
Client, CHW, ECM Case Manager, or community partner.

Client Voice:
A short quote or paraphrase from the client describing why this matters.

Expected Outcome:
What improvement or resolution looks like when the goal is achieved.