

The Personal Outcomes Measures

The Personal Outcomes Measures (POMs)¹ look at whether services and supports are having the desired results or outcomes that matter to an individual. POMs are organized into 3 key factors and 21 personal outcome measures. The formal POM tool should be used by a trained professional. However, the indicators can be used informally as a starting place to help individuals and their families determine if services are beneficial.

1. My Self

✓ People are connected to natural supports	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People have intimate relationships	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People are safe	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People have the best possible health	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People exercise rights	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People are treated fairly	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People are free from abuse and neglect	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People experience continuity and security	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People decide when to share personal information	<input type="checkbox"/> Yes <input type="checkbox"/> No

2. My World

✓ People choose where and with whom they live	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People choose where they work	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People use their environments (have access to transportation)	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People live in integrated environments	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People interact with other members of the community	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People perform different social roles	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People choose services	<input type="checkbox"/> Yes <input type="checkbox"/> No

¹ POMs were developed in 1993 by the Council on Quality and Leadership. More information can be found online at: c-q-l.org.

3. My Dreams

✓ People choose personal goals	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People realize personal goals	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People participate in the life of the community	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People have friends	<input type="checkbox"/> Yes <input type="checkbox"/> No
✓ People are respected	<input type="checkbox"/> Yes <input type="checkbox"/> No