

## Single System Design

This approach to evaluating progress for a single client system requires that the social worker, in collaboration with the client/consumer, identify a target for change and a way to measure that change over the course of the intervention. Then one determines a suitable interval for taking measures and tracks that change over time. The pattern of change gives one an idea of how the client/system is doing regarding the target and, potentially, if the intervention worked. Targets must be observable by others or client/self, measurable and occur frequently enough to offer a picture of change over time.

Example #1: A client/consumer is seeing a social worker for depression. A common depression scale is used to measure level of depression. A baseline is obtained from intake measure and in first session with the social worker. Thereafter, the client/consumer completes the measure on a weekly basis while intervention is ongoing. The results are plotted on a chart and discussed as part of client's progress.

Example #2: Client is a child who has frequent tantrums (e.g., 10/week). Measure is based on number of tantrums observed; note that what constitutes a tantrum has to be defined by social worker, parents and teacher. Baseline of tantrums determined from teacher/parents. Intervention applied and parents/teacher keeps track of tantrums. Charted on a weekly basis for change.