

Your goals and action plans

Setting goals for rehabilitation



What is goal setting?

Goal setting involves everyone (that is you, the people who are important to you and the rehabilitation team) working together. We will talk about and agree on the goals or targets you hope to achieve during your rehabilitation

What can you do?

Tell us a bit about yourself and what is important to you. Think about where you're at right now and where you'd like to get to. What are the things you'd like to work towards? There are no rights or wrongs!

What will the rehabilitation team do?

We will find out how you have been doing – the things that are going well or not so well. Then we can decide on the most important things that you'd like to work on. To keep us on track, we will agree on the small steps that will guide us along the way.

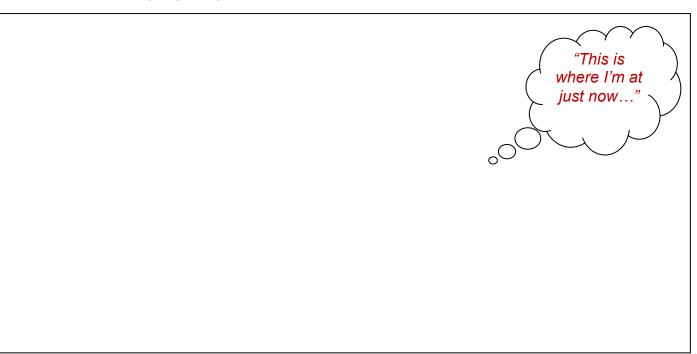
Monitoring progress

It's important to talk about how you're getting on – the ups and the downs. This will help us decide what to do next and help you reach the goals and targets that are important to you.

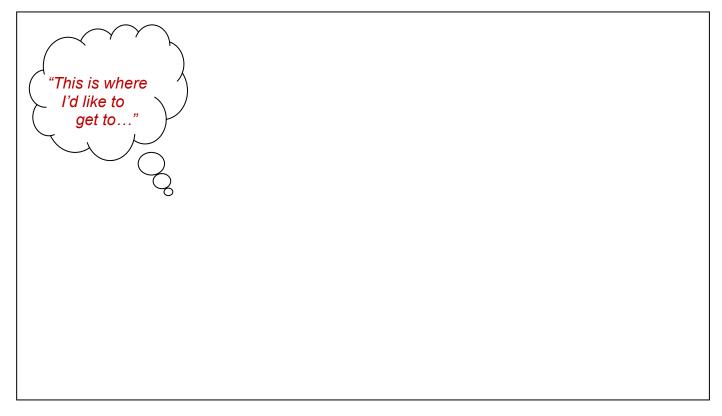
Coming up with the Goals



1. How are things going at the moment?



2. What would you like to work towards?



My Goals



Name:

This is the specific goal	I'm working towards	How did I get on?
Goal #		I achieved my goal
		I adjusted my goal
		I have a new goal
		How am I feeling?
Date set:	Review date:	
Goal #		
		I achieved my goal
		I adjusted my goal
		I have a new goal
		How am I feeling?
Date set:	Review date:	
Goal #		I achieved my goal
		I adjusted my goal
		I have a new goal
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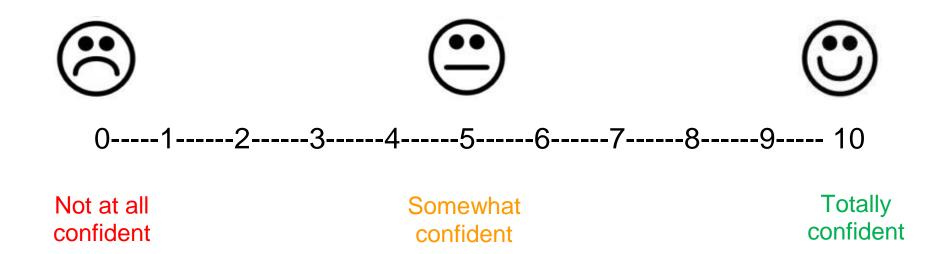
My Action Plans (steps)



Name:

Goal:	Success? (circle)
Step #	Yes
	To some extent
	No
Any barriers? Got a plan to overcome them?	What next?
Confidence 0	
Step #	Yes
	To some extent
	No
Any barriers? Got a plan to overcome them?	What next?
Confidence 010	
Step #	Yes
	To some extent
	No
Any barriers? Got a plan to overcome them?	What next?
Confidence 010	

Confidence Scale



Question: How confident are you that you can.....

Your appointments



Date	Time	Team member(s)

Your team	Name (s)	Contact details
Occupational Therapist		
Physiotherapist		
Speech and Language therapist		
Rehabilitation Assistant		
Psychologist		
Nurse		