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# **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

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1. How are things going at the moment?

A thought bubble graphic located in the top right corner of the response area. It contains the text: 

*"This is where I'm at just now..."*

2. What would you like to work towards?

A thought bubble graphic located in the top left corner of the response area. It contains the text: 

*"This is where I'd like to get to..."*

# My Goals



Name: \_\_\_\_\_

This is the specific goal I'm working towards...	<i>How did I get on?</i>
<p>Goal # _____</p>          <p>Date set: _____ Review date: _____</p>	<p>I <b>achieved</b> my goal <input type="checkbox"/></p> <p>I <b>adjusted</b> my goal <input type="checkbox"/></p> <p>I have a <b>new goal</b> <input type="checkbox"/></p> <p><i>How am I feeling?</i></p> <p> <input type="radio"/> <input type="radio"/> <input type="radio"/> </p>
<p>Goal # _____</p>          <p>Date set: _____ Review date: _____</p>	<p>I <b>achieved</b> my goal <input type="checkbox"/></p> <p>I <b>adjusted</b> my goal <input type="checkbox"/></p> <p>I have a <b>new goal</b> <input type="checkbox"/></p> <p><i>How am I feeling?</i></p> <p> <input type="radio"/> <input type="radio"/> <input type="radio"/> </p>
<p>Goal # _____</p>          <p>Date set: _____ Review date: _____</p>	<p>I <b>achieved</b> my goal <input type="checkbox"/></p> <p>I <b>adjusted</b> my goal <input type="checkbox"/></p> <p>I have a <b>new goal</b> <input type="checkbox"/></p> <p><i>How am I feeling?</i></p> <p> <input type="radio"/> <input type="radio"/> <input type="radio"/> </p>

# My Action Plans (steps)



Name:

<b>Goal:</b>	<b>Success? (circle)</b>
<p>Step #</p>           <p>Any barriers? Got a plan to overcome them?</p> <p>Confidence 0-----7-----10</p>	<p>Yes</p> <p><i>To some extent</i></p> <p>No</p> <p><b>What next? .....</b></p>
<p>Step #</p>           <p>Any barriers? Got a plan to overcome them?</p> <p>Confidence 0-----7-----10</p>	<p>Yes</p> <p><i>To some extent</i></p> <p>No</p> <p><b>What next? .....</b></p>
<p>Step #</p>           <p>Any barriers? Got a plan to overcome them?</p> <p>Confidence 0-----7-----10</p>	<p>Yes</p> <p><i>To some extent</i></p> <p>No</p> <p><b>What next? .....</b></p>

# Confidence Scale



0-----1-----2-----3-----4-----5-----6-----7-----8-----9----- 10

Not at all  
confident



Somewhat  
confident

Totally  
confident

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

## Your appointments

[illegible]

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