#### 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.