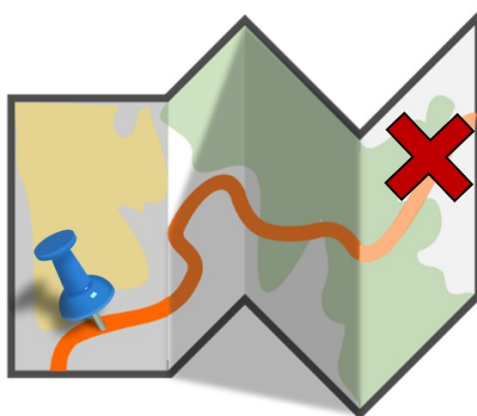


Setting **Goals** and **Action Plans** for rehabilitation

Access G-AP manual



Reference: Brown SE et al. (2022) Access G-AP: development of an accessible goal setting and action planning resource for stroke survivors with aphasia. *Disabil Rehabil.* doi: 10.1080/09638288.2022.2085331.

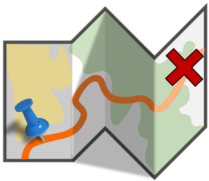
With thanks to Speakeasy Aphasia for images



What can you tell the rehabilitation team?



- What is **important** to you?
- What do you want to **work towards**?



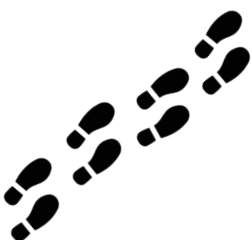
- **Where** are you **now**?
- **Where** do you want to **get to**?

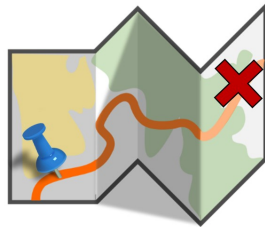


What will the rehabilitation team do?

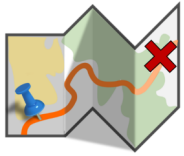


- **Find out** what is **important** to you
- **Help** you **decide** what you want to **work on**
- **Agree** on **small steps** to guide us
- **Work** on your goals **together**





What is goal setting?



- Goals are **anything** you want to **work on** or **improve**
- Goal **setting** means **talking** about and **agreeing** on **goals**
- You will **set** your **goals** with the **rehabilitation team**
- We will **work together**



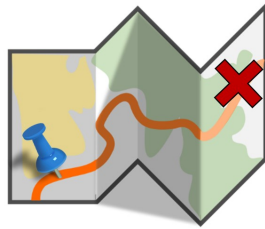
Why is goal setting important?



Goal **setting** helps you and the **rehabilitation team** to know...

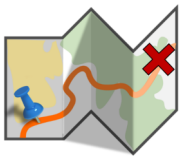
- what is **important** to **you**
- what you want to **work towards**
- **steps** you can take to **get there**





What will happen?

Stage 1. We will...



- talk about **how you are now**
- talk about **what you want to work towards**
- **decide** on a **specific goal** together

Stage 2. We will...



- make **action plans** (the **steps** to reach your **goals**)
- talk about **barriers** and **how** to get **past** them
- see **how confident** you are with the **plans**

Stage 3. You will carry out your plans...



- on **your own**, or
- with **help** from **family**, **friends** or the **rehabilitation team**

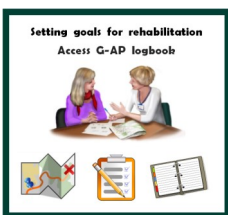
Stage 4. We will...



- **check in** to see how you are doing
- **decide** what to do **next**



How do we keep track of progress?



We will use a **logbook** together to...

- record your **goals** and **action plans**
- check in and talk about **how you are doing**



Keeping track with the **logbook** helps you to...



- know whether to **keep going** with a **plan**, or
- find a **different way** to reach your **goal**



You can keep the **logbook** at **home**