

GOAL SETTING

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SPECIFIC
MEASURABLE
ATTAINABLE
RELEVANT
TIMELY



Goal

- **A goal** is the **intended out-come** of a **specific set of interventions**
- The Oxford English Dictionary defines a goal as **'The object to which effort or ambition is directed; the destination of a (more or less laborious) journey**
- It is important to note there are **two components** to this definition: **an end state and an effort to reach that state**

- Thus in the context of rehabilitation, goals have two characteristics.
- **First** a goal is an **intended future state; this will usually involve a change** from the current situation although, in some circumstances, maintenance of a current state might be a goal.
- **Second**, and of equal importance, a goal refers to the intended **consequence of actions undertaken** by the rehabilitation team

GOAL SETTING

- **Goal setting** involves establishing specific, measurable, achievable, realistic and timely targeted (**S.M.A.R.T**) goals.

Create S.M.A.R.T. Goals



Why set goals?

- it has been shown that setting a person goals **increases their behaviour change**, presumably through **increasing motivation** (the desire to act in a particular way).

Overall goals for rehabilitation is refer to
achieving an optimum level of function

LONG TERM GOALS

- Refer to goals that need to be achieved at the end of **a series of rehabilitation programmes**
- Global goals
- Participation level or society level
- In chronic level, maintain of health and well being

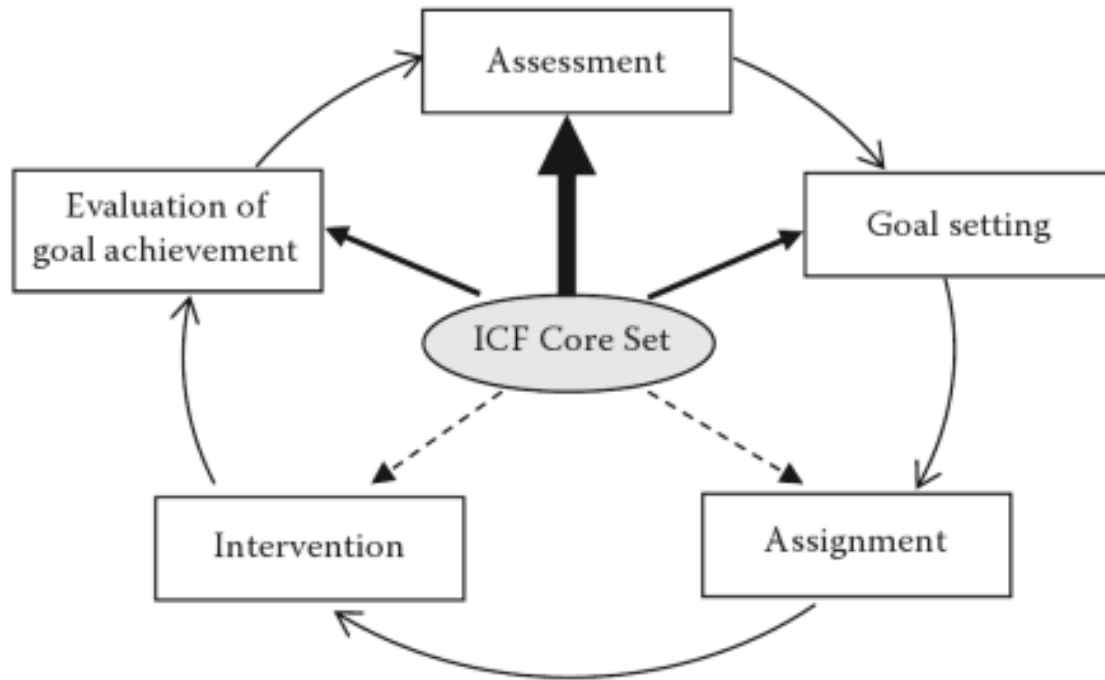
MID TERM GOALS

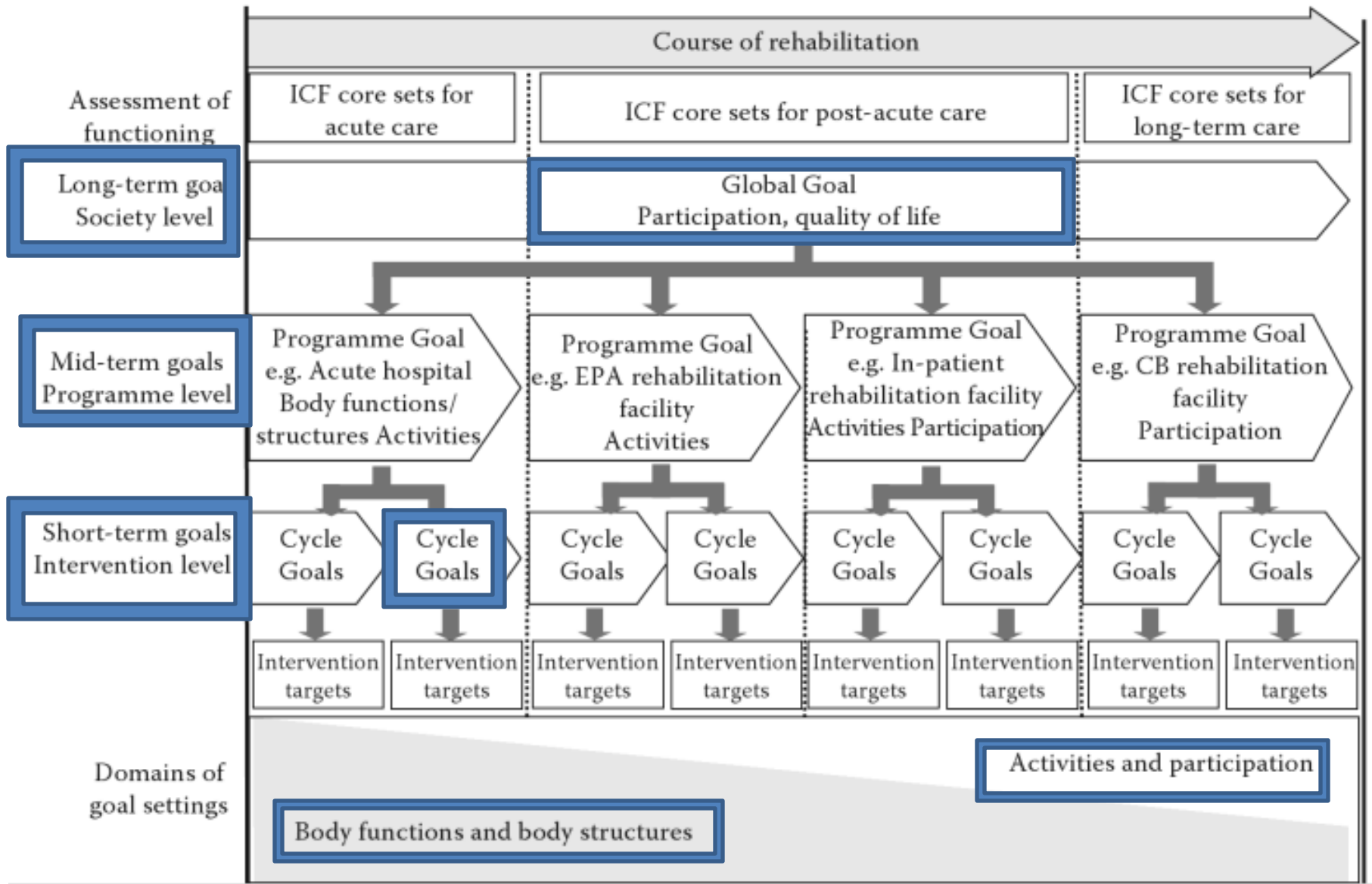
- Refer to the end of **specific rehab prog**
- Program goal
- Acute, sub acute, in patient, out patient

SHORT TERM

- Refer to goals that to be achieved at the end of single rehab prog cycle
- Cycle goals

ICF-APPROACH





Global goal	Independent participation in community, part-time work in former profession (d)		
Programme goal	Independent living at home (d)		
Cycle goal	Independence in mobility (d4)		
Intervention targets	b280 Sensation of pain b420 Blood pressure functions b710 Mobility of joint functions b7300 Power of isolated muscles and muscle groups b7353 Tone of muscles of lower half of the body b7603 Supportive functions of arm or leg d410 Changing basic body positions	d4153 Maintaining a sitting position d4600 Moving around within the home d4602 Moving around outside the home and other buildings d465 Moving around using equipment	e1201 Assistive products and technology for personal indoor and outdoor mobility and transportation

Goal settings

Working on goal achievement

EVALUATION OF GOAL ACHIEVEMENT

- Reassessments
- GAS
- Outcome measurement tools

GMFM-88

PEDI

An example of a Goal using Goal Attainment Scaling

Goal Description	√	Score	Scale
For Daniel to come down a flight of stairs one step at a time, holding on with both hands, leading with his right leg, showing no improvement in his activity levels with this task compared to that observed in the second session.		-2	Most unfavourable treatment outcome thought likely
For Daniel to be able to come down a flight of stairs at the Centre taking alternate steps unprompted, holding on with both hands, showing an improvement in his activity levels with this task compared to that observed in the second session. To be achieved once by the end of the block.		-1	Less than expected success with treatment
For Daniel to be able to come down a flight of stairs at the Centre taking alternate steps unprompted, holding on one side, showing an improvement in his activity levels with this task compared to that observed in the second session. To be achieved twice by the end of the block	√	0	Expected level of treatment success
For Daniel to be able to come down a flight of stairs at the Centre taking alternate steps unprompted, without holding on with either side, showing an improvement in his activity levels with this task compared to that observed in the second session. To be achieved twice within sessions in the last week.		+1	More than expected success with treatment
For Daniel to be able to come down a flight of stairs taking alternate steps, without holding on with either side, showing an improvement in his activity levels with this task compared to that observed in the second session. To be achieved twice within sessions in the last week and reported as observed twice at home.		+2	Best anticipated success with treatment