



## ***PATIENT INFORMATION***

# **Goal Setting**

### **What is a goal?**

“A plan to achieve a particular activity or function”

### **Why do we need goals?**

- Allows us to be more focused
- Increases motivation
- Makes unattainable or larger targets seem achievable
- Takes away excuses for not doing things
- Increases confidence
- Sense of accomplishment when achieved
- Reminds us that what we are doing has a purpose



### **We can classify goals into short / long term goals**

#### **Long term**

Something you want to achieve in the future – new skill OR old skill. Any hobby or activity you used to do prior to your illness (e.g. walk to local shops for light shopping needs).

#### **Short term**

Ways of breaking down a long term goal into smaller, attainable and manageable chunks which will help you achieve a long term goal e.g.

1. Wash top half with assistance on the bed
2. Wash top half on the edge of the bed with assistance
3. Sat on the edge of the bed to wash upper half independently.
4. Sat on chair/commode patient to wash top half at sink independently.

### **To achieve a goal (short term or long term) we need to have a plan of action.**

This action plan needs to:

- Suit our own needs
- Be challenging enough to give the motivation to achieve it

### **A plan gives us direction**

## How to set a goal

A useful tool in setting goals is to use the Acronym “**SMART**”. This stands for:

<b>SPECIFIC</b>	Clear about what is being achieved
<b>MEASURABLE</b>	Must state how success will be measured
<b>AGREED</b>	Ideally with the person carrying out the objective and with anyone who will be affected by the result
<b>REALISTIC</b>	Achievable within the constraints of the situation
<b>TIMED</b>	A target time for achieving the objective

## An example using the SMART principle

GOAL: “To be able to go to a restaurant with the family by the end of May”

<b>SPECIFIC</b>	Which restaurant? Is your sitting tolerance enough for venue? How will you get there?
<b>MEASURABLE</b>	Will you know whether you’ve achieved it or not?
<b>AGREED</b>	Are your family free to go out for dinner?
<b>REALISTIC</b>	Would going for a coffee be a more realistic aim?
<b>TIMED</b>	Have you set a date by which you will have achieved goal?

When you have written your goal you will need to think about all the steps you need to achieve it and brainstorm any other factors that might affect or help you to achieve the goal.

### Using the example above about the plan of action might be:

1. Make sure you know how you are getting there
2. Organise with family / check that partner will drive
3. Build up sitting tolerance using pacing
4. Save money – budget for it
5. Use planning and pacing to make sure all domestic household tasks / chores are complete
6. Take a pillow to sit on
7. Remember to use breathing exercises if you get anxious

The task of breaking goals down into smaller segments is what the concept of PACING is about.