

## Why is goal planning important?

Setting goals is an important part of your rehabilitation. It clarifies what can be achieved at the NRH and how long it should take. It gives you a 'plan' to work towards. While the goal planning document focuses mostly on goals to be achieved by discharge, shorter term goals will also be agreed and regularly reviewed with you during your rehabilitation.

## What are Rehabilitation Goals?

Rehabilitation Goals focus on important activities of everyday living. We talk about goals under the following headings:

### Physical wellbeing— this may include:

- bowel and bladder care
- healthy eating
- taking care of your skin
- managing pain
- fertility and sexuality

### Independence and self-management

- such as: personal care (washing and feeding yourself)
- transfers (moving to and from bed, wheelchair or car)
- arm and hand movements
- equipment you may need by discharge

### Psychological wellbeing— for example:

- coming to terms with your illness or injury
- staying confident
- managing your mood
- exploring coping skills

continued →

## What are Rehabilitation Goals?.... continued

### Home, community, and social Participation— this might include:

- housing adaptations
- home and community activities
- mobility or driving
- work or education
- leisure and hobbies
- your care package, benefits, entitlements

### Discharge Planning— for example:

- planning discharge to home or onward care, setting discharge date and family meeting (conference) date.

**You can also add goals** that are important to you, that may not be included under the above headings.

### What if I don't meet my Goals?

Your goals are continually reviewed and discussed during your stay and can easily be changed if they are not being met, or if you do more than expected.

### What if the goals set with the team are different to my personal goals?

Rehabilitation goals are based on your personal goals, therefore your involvement in the process is essential. Goals usually focus on the abilities and skills needed to make your life goals possible.

Rehabilitation is only the beginning. The goals you achieve at the NRH will provide the foundation for further progress after your discharge.

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An tOspidéal Náisiúnta Athshlánúcháin

## Goal Planning

### Spinal Cord System of Care Programme



## Setting Goals for Rehabilitation:

### A Guide for Patients, Families and Carers

## Goal Planning: an important part of your rehabilitation

Rehabilitation supports you to learn or re-learn skills that you need for day to day living and to become as independents as possible following illness or injury. Setting goals with your rehabilitation team helps to guide your rehabilitation programme.

**Goal planning** means working together with your rehabilitation team to discuss and agree a set of goals to work towards. These goals are based on your needs, wishes and abilities.

### Stages in the goal planning process

**Assessment stage:** Your rehabilitation team will begin to assess your needs and abilities soon after admission. Your team, depending on your clinical needs, will include medical, nursing, therapy and other clinical specialists. You will also meet your Social Worker who will act as your **Case Coordinator**.

Your team will discuss your assessment results with you to help identify realistic goals for your rehabilitation Programme.

**Goal planning meeting:** You will be invited to this meeting about two weeks after your admission. It usually lasts about 30 minutes. Your attendance at the meeting is optional but very welcome. The goals considered during your assessment period will be discussed and agreed with your team.

You will receive a summary of your goals (Goal Planning Document) at this meeting, or soon afterwards. The summary describes your goals and rehabilitation programme. It will set possible dates for a family meeting, and also for your discharge.

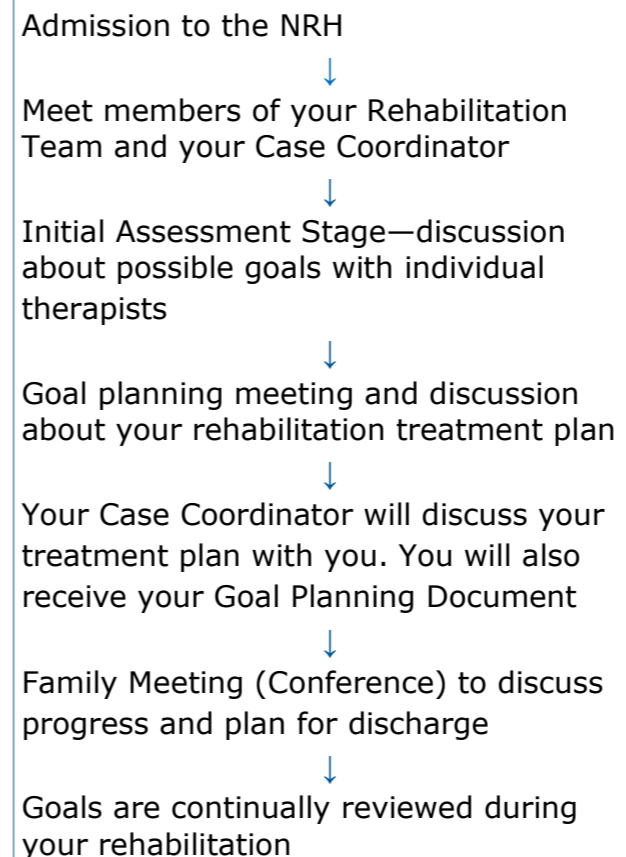
#### Meeting with your Case Coordinator:

This will take place soon after your goal planning meeting— (usually a few days later). It will give you a chance to discuss any questions or concerns you may have about your rehabilitation goals.



**Family meeting:** This meeting with you, your team, and family members or friends will take place a few weeks after the goal planning meeting. It will last about 30-45 minutes. The purpose of this meeting is to discuss progress towards your goals, and plans for your discharge. It is a good opportunity to ask about anything to do with your spinal cord injury.

## Summary of The Goal Planning Process



## Frequently Asked Questions

### Who is on my rehabilitation team?

#### Your team always includes:

- Medical Consultant and Doctors
- Nursing Staff
- Physiotherapist
- Occupational Therapist
- Pharmacist
- Social Worker (Case Co-ordinator)
- Spinal Liaison Nurse

#### Depending on your clinical needs, your team may also include:

- Dietitian
- Nurse Specialist (relationships and sexuality)
- Psychologist
- Urologist
- Recreational Therapist
- Speech and Language Therapist

### Who will be at my goal planning meeting?

You and your rehabilitation team will be at the meeting. You may also invite family members or a friend if you wish.

### Do I have to attend my goal planning meeting?

No, you can decide whether or not you wish to attend the meeting. Your Social Worker (Case Coordinator) will give you feedback after the meeting if you prefer not to attend in person.