



GOAL REVIEWS

Your goals will be reviewed every 6 weeks with your therapist.

At your goal review we will look at how well you've achieved your goals.

If you've achieved your goals:

- We may set new goals if you have any.
- We may discharge you if you have no further goals.

If you're not achieving your goals:

- We look at possible reasons why and try to address them.
- We may modify your goal.
- If you are no longer progressing in therapy or meeting goals we may discharge you.

CONTACT INFORMATION

If you have any further questions please contact the team:

 **Cannock Community Stroke Team**
Springfields Health and Wellbeing Centre
Lovett Court
Rugeley
WS15 2FH

 **01922 603 100**

 **Hours of operation**
Monday - Friday: 8.30am - 4.30pm
(excluding Bank Holidays)



Care Colleagues
Collaboration Communities

Review date 01.25

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Walsall Healthcare
NHS Trust

Cannock Community Stroke Team

Goal Setting Leaflet



Patient and carer
information leaflet



INTRODUCTION

You may find some things difficult to participate in following your stroke such as walking, cooking or participating in hobbies.

Our service aims to help you to return to activities that are important to you.

You will be encouraged to set goals with guidance from us during your initial visit.

MAKE YOUR GOALS SMART!



Specific: What do you want to do?

Measurable: How will you know when you reached it?

Achievable: Is it in your power to accomplish it?

Realistic: Is it achievable realistically?

Timely: When exactly do you want to accomplish it?

STEP BY STEP

1. Choose a goal - something you really want to get back to doing.



2. Make sure it's realistic - you may need to break down goals into smaller steps to make them achievable.



3. Get started on working towards your goals with our guidance.



4. Review your goals at 6 weeks with your therapist.



5. Set new goals and REPEAT / discharge from therapy if no new goals or no longer showing progression.

EXAMPLES

Short term and long term goals

Short term goals are stepping stones towards your long term goals eg:

- To return to sleeping upstairs.
- To be able to use the shower independently.
- To be able to say single words clearly.

Long term goals are where you want to be at the end of your therapy eg:

- To return to work.
- To be able to walk without any walking aids.
- To be able to eat your regular diet.

Why do we set goals?

- Gives your treatment a direction.
- Provides you with personalised care.
- Motivates you in your treatment sessions.
- Increases your independence.
- Boosts self confidence.
- Improves mood.