

Goal setting-helps people to:

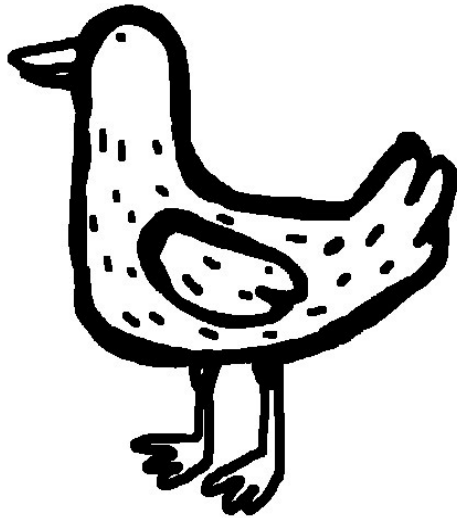
- ➡ Identify what they want
- ➡ Make a plan to get there
- ➡ Move into action
- ➡ Keep going until the goal is reached or a better one identified

The goals belong to the individual; they have to be meaningful for them to have ownership and to want to try to achieve them.




my goals.

Eat. Fly
Sleep. Swim
quack.
mate
Lay eggs
raise chicks
~~Learn taekwondo~~
Build a nest.



Examples of Patient's goals

- ➡ To stay in my own home
 - ➡ To be able to get to the toilet on my own
 - ➡ To do my own shopping
 - ➡ To be able to walk better
 - ➡ To stop forgetting so many things
 - ➡ To be able to get upstairs to sleep in my own bed
 - ➡ To get to church
 - ➡ To stop falling
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Achieving goals

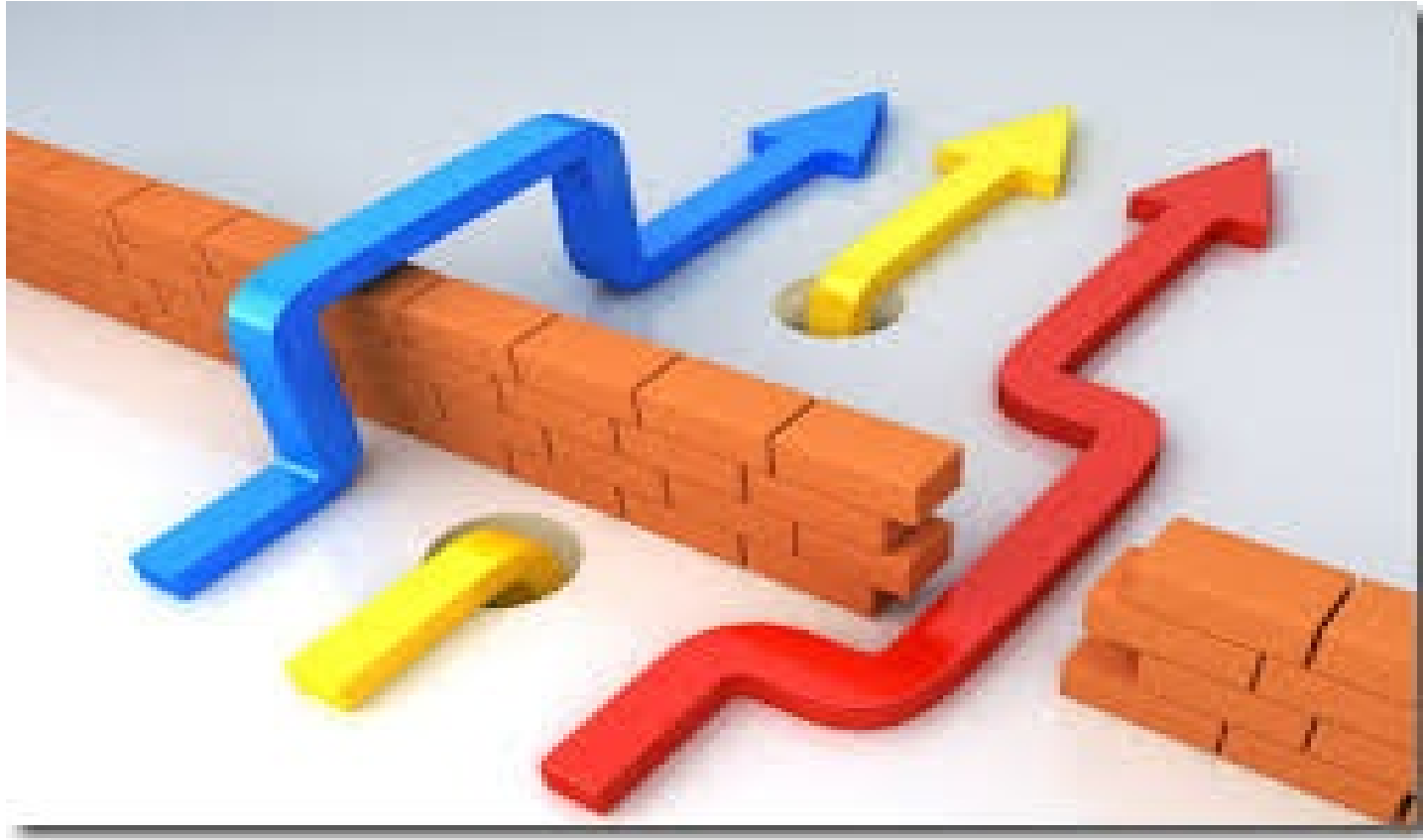
➡ **Set a reasonable goal** – the goal should relate to a positive change and should make sense to the person within their life.

➡ **Break the goal into smaller steps, 'do-able' chunks** – this is the **action plan**

➡ **Carry out the action plan** – taking it one step at a time, learning from setbacks



Different people have different ways
of achieving the same goal





Writing a SMART goal

- ➔ Your goal is to lose weight or get fitter
- ➔ In small groups, write a SMART goal to help you achieve this target.



Questions to help make goals specific

To help your patient make their goal more specific, ask them questions such as:

- **What** are you going to do?
- **How** are you going to do it?
- **Where** are you going to do it?
- **When** are you going to do it?
- **With whom** are you going to do it ?



SMART Goal

 Specific- to lose 10kgs

 Measurable- I can weight myself each week to see progress

 Attainable/action- I want to loose weight

 Relevant- I'm going on holiday in the summer and want to look good

 Time bound- I will loose an average of 2kg a week over 5 weeks






Exercise 1

- Mr Brown is recently widowed and lives alone. He has type 2 diabetes on insulin and he has COPD. He recognises he is not eating very well and feels isolated and lonely. He has had recent A&E attendance due to a fall.
- Choose a goal that Mr Brown may have, e.g. to feel less lonely or to manage his diabetes better.
- Have a go at writing a SMART goal for Mr Brown



Exercise 2

-  Mrs Smith recently moved in with her son and daughter-in-law. She has mild dementia and the community nurses are visiting to dress her leg ulcers and has now got a small pressure ulcer on her heel
 -  Choose a goal that Mrs Smith may have
 -  Have a go at writing a SMART goal for Mrs Smith
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