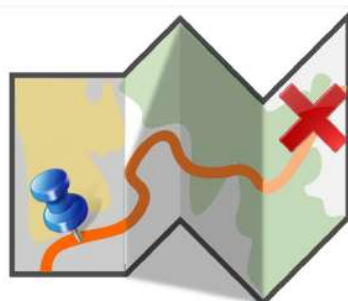


# **Setting **Goals** and **Action Plans**** **for rehabilitation**

1

**Access G-AP manual**



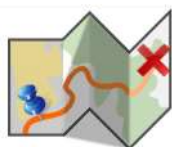
2



## What can you tell the rehabilitation team?



- What is important to you?
- What do you want to work towards?



- Where are you now?
- Where do you want to get to?



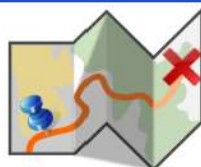
## What will the rehabilitation team do?



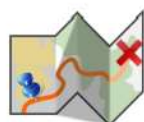
- Find out what is important to you
- Help you decide what you want to work on



- Agree on small steps to guide us
- Work on your goals together



## What is goal setting?



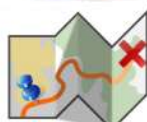
- Goals are anything you want to work on or improve
- Goal setting means talking about and agreeing on goals
- You will set your goals with the rehabilitation team
- We will work together



## Why is goal setting important?



Goal setting helps you and the rehabilitation team to know...



- what is important to you
- what you want to work towards
- steps you can take to get there

## What is G-AP?

G-AP stands for Goal setting and Action Planning.

### 1. Coming up with the goal

Where am I at now?



Where do I want to get to?

### 2. Making an action plan



What do I need to do?



What might get in the way  
and how can I get past it?



How confident am I?

### 3. Action

Carry out the plan...



alone

or



with help

### 4. Keeping track

How did I get on?



What should I do next?

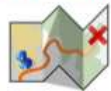
### Finish G-AP



I have achieved my goal

## Example G-AP

### 1. Coming up with the goal



I'm having **trouble** getting the right **words** out

?

My **goal** is to feel **confident** having **conversations** with **friends**



### 2. Making an action plan



Practise word **exercises**:

20 minutes a day for 2 weeks



I might get **tired** when I practise



So I can take **breaks** to help



My **confidence** is 8 out of 10

### 3. Action

I can do the **exercises**

by **myself**

or

with **help** from my family



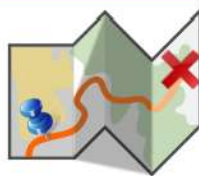
### 4. Keeping track



It was a **challenge** but I did **well**



I will make a new **plan** to practice a short **conversation** with my **son**



6

## What will happen?

### Stage 1. We will...



- talk about how you are now
- talk about what you want to work towards
- decide on a specific goal together

### Stage 2. We will...



- make action plans (the steps to reach your goals)
- talk about barriers and how to get past them
- see how confident you are with the plans

### Stage 3. You will carry out your plans...



- on your own, or
- with help from family, friends or the rehabilitation team

### Stage 4. We will...



- check in to see how you are doing
- decide what to do next



## How do we keep track of progress?



We will use a **logbook** together to...

- record your **goals** and **action plans**
- check in and talk about how you are doing



Keeping track with the **logbook** helps you to...



- know whether to **keep going** with a **plan**, or
- find a **different way** to reach your **goal**



You can keep the **logbook** at home