

Goal Training Knowledge Evaluation Model Answers

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- Resources:** Goal Training Workshop Resources available from:
www.TBIStaffTraining.info

Knowledge Evaluation – Model Answers

1. What do you understand to be the **purposes of goal setting** in rehabilitation?

(/3)

Should include statements about the following points:

- **Client participation / engagement (1)**
 - *Identifying outcomes meaningful to the client/ motivating the client*
- **Team planning / clinical planning: (1)**
- *Directing therapy / Monitoring rehab progress*
- **Funding / communication (1)**
 - *Communicating service needs with funders*

2. What does the acronym **SMART** stand for? (/5)

Specific (1)

Measurable (1)

Achievable/ Attainable (1)

Relevant (1)

Time bound (1)

*Or words/ terms that mean the same as the word provided for **that** letter, i.e., “time-frames” is fine for T. However, “realistic” is not the same as “relevant” – realistic is included within achievable.*

3. Give an example of a **participation-level goal**. (/1)

A description of participation relevant to someone’s lifestyle or life role

Score = 0, *not related to participation eg attending 6 therapy sessions*

Score = 1, *partial – might be more activity based, or has elements not related to the person’s lifestyle, e.g. change on test scores while playing golf*

Score = 2, *good example of goal that seems to relate to a person’s lifestyle / life roles*

4. How does **client-centred practice** influence goal setting in rehabilitation? (/3)

- It is based around what the client wants
- Goals reflect the client's desires
- Goals influence what treatment is provided

5. How can you assess the **quality of goals** you write or review? (/4)

- SMART- can use the acronym for 1 point
- Client centred
- Useful for rehabilitation / team planning
- Clearly describes what the client wants to be able to do

6. Mark the following statements as True or False: (/8)

- | | | |
|---|------|-------|
| a. The action plan should not be included within the goal statement | True | False |
| b. A multidisciplinary approach to rehabilitation is considered superior to an interdisciplinary approach to rehabilitation | True | False |
| c. Writing goals in SMART format guarantees that the goal is a useful rehabilitation goal | True | False |
| d. A client-focused goal is one which includes the client's name | True | False |
| e. It is not always necessary to include numbers within a goal statement to make it measurable | True | False |
| f. Impairment-level goals are considered the gold-standard in directing rehabilitation because they are the most easily measured. | True | False |
| g. Goals are essential in rehabilitation, even if the client is not compensable. | True | False |
| h. Goals should not be written such that multiple clinicians are required to work with the client on a single goal. | True | False |