

# Goal Training

## Sample goals for practical sessions

The Goal Training Project is jointly funded by the Lifetime Care and Support Authority, the Motor Accidents Authority and WorkCover NSW, of the NSW Government's Safety, Return to Work and Support Division.

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- Resources:** Goal Training Workshop Resources available from:  
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# Sample goals for practical sessions.

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## **13 years old, 3 years post injury**

1. Jack will increase stamina and maintain motivation for his physiotherapy by incorporating some of his program at school and at the respite facility that he attends daily.
2. Jack will actively participate in age appropriate activities to the best of his abilities. He will make use of adaptive equipment prescribed to ensure his active participation, success with the task and safety.

## **19 years old, 2 years post TBI and LL amputation**

3. Julie's home will be accessible and safe.
4. Julie will investigate return to work options and consider leisure activities which will increase her social interaction and participation.
5. Julie will decrease her weight to be within a healthy weight range and increase her physical activity tolerance.

## **Middle-aged man, incomplete SCI and pre-existing low cognitive function**

6. John will demonstrate reduced anxiety levels on outcome scales through the use of anxiety management techniques.
7. John will have improved range of movement in the upper and lower limbs, less tone (particularly in the upper limbs and shoulders) and have increased safety with all mobility.

## **17years old, 20 months post TBI and amputation**

8. Jack will maximise the effects of his surgeries on his functional capacity by attendance at hand physiotherapy.
9. Jack will maintain his physical and psychological wellbeing by active participation in gym program and community participation 5 times/week and with support by his carers.

## **13 years old, 3 years post TBI**

10. Jack will increase stamina and maintain motivation for his physiotherapy by incorporating some of his program at school and at the aboriginal respite facility that he attends daily.
11. Jack will actively participate in age appropriate activities to the best of his abilities. He will make use of adaptive equipment prescribed to ensure his active participation, success with the task and safety

## **28 years old, 1 year post SCI**

12. Jack will continue to progress towards his goal of being able to return to motor car racing and explore new interests which will promote his fitness and wellbeing.

## **19 years old. 2 years post TBI and LL amputation**

13. Jill will be able to increase her ability to walk over 100m and become less dependent on her wheelchair.

## **40 years old, incomplete SCI and pre-existing low cognitive functioning**

14. Jack will demonstrate reduced anxiety levels on outcome scales through the use of anxiety management techniques.