Goal Training
Knowledge Evaluation
Model Answers

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Authors: Helen Badge, Maria Weekes, Belinda Jones, Barbara Strettles

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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