

This is your personalised goal planning sheet to help you and the Acquired Brain Injury Rehabilitation Team (ABIRT) to plan your rehabilitation goals.

Our team is very experienced working with people who have had a brain injury. Everyone is different and we want to help you to work towards goals that are important to you and your family. The vast majority of people who have had a brain injury improve with time. Our team is here to support you to achieve as much as possible following your injury.

People who have had a brain injury may experience a range of difficulties including

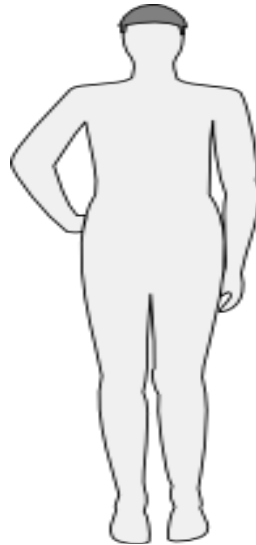
- Changes to their cognitive (thinking) skills in regard to memory, attention, planning and sequencing
- Changes to their emotional wellbeing and mental health (e.g. feeling more anxious, sad or angry)
- Changes with their role or relationships in the family/friends or at work/hobbies
- Changes in their physical abilities (such as strength, stamina, balance or dizziness)
- Differences in their communication (e.g. speaking, listening, reading or writing)

*Quality Care - for you, with you*  
**Physical Changes**

Balance  
Fine motor control  
Co-ordination  
Pain  
Your leg, arm or torso may not work  
as it used to

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**Changes in your communication**

Difficulty understanding  
  
Difficulty getting words out



Changes in how your speech sounds

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**Other changes**

Fatigue  
Contenance  
Vision  
Difficulty swallowing

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The Acquired Brain Injury Rehabilitation Team Goal Planning Worksheet

**Changes in your thinking**

It takes longer to think about things  
Memory problems  
Attention/concentration problems  
Difficulties planning your day  
Multitasking problems

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**Changes in how you feel**

Worry  
  
Low Mood

Changes in your personality

Changes in relationships

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The Acquired Brain Injury Rehabilitation Team Goal Planning Worksheet

You were referred to the Acquired Brain Injury Rehabilitation Team by \_\_\_\_\_ following your \_\_\_\_\_ in DATE OF EVENT.

The next sheet will ask you to think about some rehabilitation goals that you would like to achieve. We will write these down and review them regularly. Both ABIRT and you will keep a copy of your goal plan to help us to keep track of how things have changed.

First a few things about setting out SMART goals.

**Specific**

**What exactly do you want to achieve ...**

**Measurable**

**Will you be able to tell when you reach your goal?**

**Achievable**

**Will it be possible for you to reach your goal?**

**Realistic**

**Is this goal practical and reasonable?**

**Time-Orientated**

**Do you have a time frame to achieve this goal?**

Examples:

“I want to climb Mount Everest someday” Is this a SMART goal??

I am going to do my weekly grocery shop this Friday at 11 am. I will get a lift to the shops from my friend Sue. I will make a list before going and make sure I get everything I need. Is this a SMART goal??

<b>My Long Term Goal: This is what I'd like to achieve</b>	<b>Outcome</b>
<p>Confidence level 0 - 10 Any barriers that might get in your way? Date Set: Target Date:</p>	<p>Achieved Partially Achieved Not Achieved</p>
<p><b>Short Term Goal: "These are the steps I need to do to help achieve my long term goal"</b></p> <p>Confidence level 0 - 10 Any barriers that might get in your way? Date Set: Target Date:</p>	<p>Achieved Partially Achieved Not Achieved</p>
<p><b>Short Term Goal: "These are the steps I need to do to help achieve my long term goal"</b></p> <p>Confidence level 0 - 10 Any barriers that might get in your way? Date Set: Target Date:</p>	<p>Achieved Partially Achieved Not Achieved</p>