



What is goal setting?

The process of setting goals helps you to choose where you want to go and what you want to do in the future, while also taking into account how you are going to get there.

This Fact Sheet outlines different goals with some tips and ideas that might help you to set them.

Who can help you to set goals?

In the early stages following an amputation, you may require assistance from your healthcare team to help you to set your goals. Your team can also work with you to towards achieving your goals.

What are the benefits of setting goals?

- It can help you to define a clear pathway ahead
- It allows you to be more in control of what you are aiming for
- It is easier for the team to give you the help you need
- You can better plan how to achieve certain tasks and know how long they might take
- It helps to keep you motivated
- You can measure your improvement



When thinking about your goals, choose things that are:

- **Specific.** Something that is directly related to what YOU want and makes it very clear what needs to be achieved. *For example, John's goal is to drive his car again.*
- **Measurable.** Describe the level of performance you need to achieve for it to feel like this goal is worth aiming for. *For example, John will have driving lessons in an automatic modified vehicle (with a left foot accelerator) once a week until he regains his licence.*
- **Achievable.** Something that is realistic given what you did before you had your amputation, how much time there is, and what resources are available to help you achieve your goal. *For example, a driving lesson once a week is only achievable if there is access to a modified vehicle, the instructor can arrange to pick John up from home and that there is enough money to pay for the driving lessons.*
- **Relevant.** The goal must be important to you and something that is of benefit to you, your family, and your health. *For example, if you don't really care whether you ever drive a car again then this goal won't motivate you.*
- **Time bound.** Set a date or target to achieve your goal. *For example, John will drive his modified vehicle to meet with his friends in three months' time and then continue to drive to meet them on a monthly basis.*

You should set different goals for each phase of your rehabilitation and make new goals once you achieve the first ones.

How to separate time bound goals?

Goals that have a time frame around them usually come as three types - short-term, medium-term, and long-term. An explanation of these can be found below.

Short-term goals:

These goals include the things that you may achieve in a short space of time. For example, when you first get your prosthesis, your short-term goal may be having the ability to stand up for short periods of time and/or managing to walk the length of the parallel bars and back again a number of times.

Medium-term goals:

These goals include the things that may take a little longer to achieve. For example, having the ability to walk the length of a corridor and back again with a walking aid, or getting used to walk around safe areas of your house (like the kitchen) without a walking aid.

Long-term goals:

These goals include things that you will gradually achieve as your confidence with your prosthesis improves over several months. For example, feeling confident enough to walk through a busy shopping centre, using an escalator, going to the supermarket on your own and/or going on a holiday with you family.

If you need help to set goals, speak to your therapists who can assist you to work out what is important for you.

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