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## Information for patients Goal Planning



## Midland Centre for Spinal Injuries



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Goal Planning at MCSI

Here at MCSI we use a **Goal Planning Approach** to help us to plan and deliver rehabilitation. This involves the team working together with each patient to set goals that are important to them. We then make a plan of how to work towards these goals during their stay in hospital.

There is a 10-minute video which tells you all about Goal Planning in Spinal Cord Injury Rehabilitation. It has been made by the National Spinal Injury Centre at Stoke Mandeville. It includes clips of a patient journey. This includes completing the Needs Assessment Checklist, Goal Planning Meetings and the rehabilitation following the meeting. Watching this will help to give you a better idea about what to expect. [www.youtube.com/watch?v=yPt7cvqzSKk&feature=youtu.be](http://www.youtube.com/watch?v=yPt7cvqzSKk&feature=youtu.be)

What are Goal Planning Meetings?



These are short meetings, about 20 minutes long, held roughly every 2-3 weeks. You will meet with your own team of staff. This will include a nurse, a physiotherapist, an occupational therapist and your consultant. A psychologist and/or a resettlement officer may also join the meeting. Some people also like to invite a family member to be present. Please let your keyworker know if you would like to invite anyone to join the meeting.

The purpose of the meeting is to share your goals with the team. You will then be able to talk about how to work towards these goals. The team will help you to set small targets to work on over the next 2–3 weeks. For example, learning how to transfer from your chair into a car. The agreed targets and goals will be written down onto a Goal Sheet for you and your team.

What aspects of life are really important to me, that I want or need to be able to get back to following my spinal cord injury?

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My notes:

My Keyworker is: .....

Date of first Goal Planning Meeting with team: .....

Helping you to think about your own personal goals and aspirations:

What skills do I need to have to feel ready to leave hospital?

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What things do I need to know about and learn to be able to manage my injury outside of hospital?

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What is the keyworker role in your rehabilitation?

Your keyworker is a member of staff who will help to organise your rehabilitation. They will guide you through the Goal Planning system. Your keyworker can be any member of your team. They will introduce themselves to you early on in your stay. They will help you to achieve as much as possible, by the time you are ready to leave hospital.

You can talk to your keyworker about anything that worries you. They should be able to help you to sort out any problems. They will know who to go to in the team for further help.

They can speak on your behalf to help you deal with issues. They will make sure other people on the team are aware of your wishes.

The Needs Assessment Checklist (NAC)

The Needs Assessment Checklist (NAC) is a booklet which you will fill out with your keyworker. The NAC includes sections with questions about areas of life that may have been affected by your spinal cord injury. Looking at this will help you to think about your needs since your injury. **What will you need to be able to do to be ready to leave hospital?**

Completing the NAC will help you to find the goals you wish to work towards. Your answers will be summarised in the form of a graph. This will show what skills and knowledge you already have, as well as the areas to focus on. Completing the NAC does take time and may need one or two sessions to fill in. Please let your keyworker know if you want to stop at any point and go back to the NAC at a later time. Before your discharge you will fill out the checklist again. This will let you see how much you have achieved between the start and finish of rehabilitation.

## What happens in your first goal planning meeting?

In the first goal planning meeting, you and your keyworker will tell the team about your goals and priorities for rehabilitation. At the beginning it can be very difficult to know what will be possible. The meeting should help to clarify goals so that they are appropriate and realistic, as well as being important to you.

The team will support you to set targets, which are actions that you can do to help you work towards your goals. The actions set are things you will be able to do in the next couple of weeks. There is likely to be a mixture of targets. Some targets will be things the team will help you do within your treatment sessions. Other targets will be things you can do on your own. Working on these targets will help you to progress towards your bigger goals.

**After every goal planning meeting your keyworker will give you a Goal Sheet. This is a summary of your goals and targets. Your team will also get a copy of this.**

## What about further meetings?

**You will have a goal planning meeting around every 3 weeks.** Our Goal Planning Coordinator arranges the timing of the meetings. We will try to fit in with your wishes as much as possible. Please talk to your keyworker about the timing of these meetings.

Each meeting will start with a review of the targets set last time. This helps us to see so you can see what you have achieved. If targets have not been managed, we want to find out why. We will try to work out any issues. The team will then help you to set new targets to work on. This process will continue until you reach the goals that have been set.

Often the end of inpatient rehabilitation is not the end of your progress. It is likely you will have further goals to work towards after leaving hospital. Within our Goal Planning System, we focus on goals that you can achieve whilst you are in hospital. We think about what you need to be able to do, to be ready to leave hospital. You will then start the next phase of your recovery.

## Summary of the benefits of Goal Planning

- Goal planning involves working together with the whole team. It brings together the expertise of all the different kinds of staff.
- Goal planning helps us to focus on you. We want to work towards goals that are relevant and meaningful for you.
- Goal planning helps us to measure your progress. The Needs Assessment Checklist helps with this, as well as identifying areas that we want to work on.
- Using a Goal Planning Approach helps us to achieve better results and improves patient experiences.