Self Management after Stroke
Making it Happen

‘Person Centredness in Goal Setting’

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Person centred care

• Mutually beneficial partnerships between patients, their families and those delivering healthcare services, which respect individual needs and values and which demonstrate compassion, continuity, clear communication and shared decision making

• The Healthcare Quality Strategy for NHS Scotland, Scottish Government, 2010
The four principles of person-centred care

- Care is... personalised
- Care is... coordinated
- Care is... enabling

Person is treated with... dignity, compassion, respect
Goal Setting Process – Stroke Rehabilitation Unit
NHS Grampian

ADMISSION TO STROKE REHABILITATION UNIT

Meet Team Members

EXPLANATION OF GOAL SETTING

Introduction to the Goal Setting process with a member of your team.

ASSESSMENT

Staff assess your current abilities. Together, you identify areas which require rehabilitation.

YOUR TEAM

Your team will work with you throughout your Goal Setting process. Together you identify personal priorities for realistic rehabilitation goals.

Your family may be involved in these discussions

LONG TERM GOALS

Main goals that will be worked towards during your stay.

SHORT TERM GOALS

Small steps required to reach your long term goal

REVIEW

Regular review to discuss your progress with your team. New goals are set.
Telerehabilitation for goal setting

- Stroke rehabilitation unit
- MDT in place
- Goal setting meeting for each person, fortnightly
- Clinical lead – based 45 miles away
- Journey time 1.5hrs
Economic impact

• Travel time and cost – £36.00 per visit

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• Total saved - £156.00 per goal setting meeting

• Potential cost saved approx £6240 per annum
7.2 Person-centred approach

Stroke services should implement a person-centred approach including goal setting in hospital and community services to ensure an individualised approach.
Benchmark criteria – RAG

**BLACK** - No goal setting in place, or plan to establish goal setting process

**RED** - Plan to develop goal setting process in hospital stroke services and community rehabilitation services

**AMBER** - Goal setting process is used in some hospital stroke services & community settings, but approaches are inconsistent

**GREEN** - Goal setting is used across MCN area, but process is not multidisciplinary

**COMPLETE** - Goal setting is established across the MCN area and is available in a multidisciplinary format in SRU, ESD and community rehabilitation services