



# Self Management after Stroke Making it Happen

## ‘Person Centredness in Goal Setting’

Thérèse Jackson

# 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



# Goal Setting Process – Stroke Rehabilitation Unit NHS Grampian



ADMISSION TO  
STROKE  
REHABILITATION UNIT



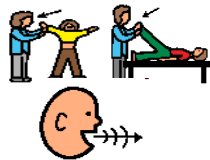
**Meet Team** Members



EXPLANATION OF  
GOAL SETTING



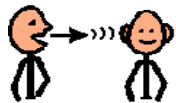
**Introduction** to the Goal Setting **process** with a member of your team.



ASSESSMENT



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

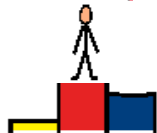


YOUR TEAM



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

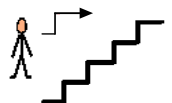
Your family may be involved in these discussions



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

# Stroke Improvement Plan

## Action Plan

### 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