

The checklists developed for the guidelines are provided in each relevant section but also grouped together below.

14.1 Goals checklist



Goals checklist

This checklist outlines some of the factors for the therapist to consider when establishing goals in partnership with the client (and family).

Factors to consider as well as the client's current functioning

- Diagnosis and progress of recovery
- Prognosis
- Medical history and treatment

Factors to consider within the ICF domains

Body function and structure:

- Variable symptoms and the functions that need to be managed, for example, fatigue, spasm, comfort and early postural control for the longer term effects
- Mobility and transfer limitations
- Risk of secondary complications, for example, injuries subsequent to falls

Activity and participation:

- Types and range of activities and participation before SCI or TBI
- Types and range of activities and participation now
- Types and range of activities projected for the future
- Time efficiencies with activities
- Independence in activities and participation

Environment and personal contextual factors:

- Physical barriers in the client's current, home and prospective environments
- Type of transport the client will use (public, private, aeroplanes, boats etc)
- Variations in the different environments that the client will access (e.g. work or study). For example, the client may be independent in mobility at home or at work if they only need to access rooms on the same level in one building involving short, manageable distances. However if work or study requires movement between multiple buildings or floors and across several hundred metres, multiple times per day, there may be a need for a wheelchair.
- Community environment, including the interface between mobility limitations and local terrain—uneven ground, steep hills outside home etc
- Climate
- Personal factors including self-perception, adjustment to disability and the level of independence desired or not desired
- Level of care available
- Satisfaction, client's expectations and motivation
- Feelings of security
- Acceptance of care versus desire for independence
- Expectations of family and work colleagues, friends and social circle

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