

A Goal is a desired result a person wishes to achieve.



Why is Goal Setting important?

Goal setting is a key part of all planning.

Goals should reflect what is important **to** the person who owns the person-centred plan – their dreams and wishes.

Goal setting encourages us to set clear actions so the person gets the right supports to achieve their goals.

Goal setting is part of all four stages of the person-centred planning process. The person who owns the plan, those supporting them to put their plan together and into action, and the Circle of Support may be involved in goal setting.

Best Practice in Goal Setting involves:

- ✓ Creative communication and active listening
- ✓ Working together
- ✓ Choice and decision-making
- ✓ Shared expectations and a focus on ability
- ✓ Support for independence, community engagement, valued social roles and active citizenship
- ✓ Positive risk-taking
- ✓ Addressing barriers
- ✓ Individualised goals and action plan
- ✓ Monitoring and review
- ✓ Reflection and Evaluation
- ✓ Measuring outcomes
- ✓ Accountability

S	Specific	Says clearly what the person wants to achieve
M	Measurable	A way to measure success
A	Attainable	Challenging but possible
R	Relevant	Meaningful to the person
T	Time-anchored	A clear start and end date

★ **Start with the person's dreams and wishes**

★ **Turn dreams and wishes into goals**

★ **Be SMART!**



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For more information, please see the National Framework for Person-Centred Planning in Services for Persons with a Disability and A Guide to Goal Setting in Person-Centred Planning.