

**Setting an
Overall
Rehabilitation
Goal**

**Training
Module**

INTRODUCTION

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Introduction

Teaching time: 2 hours

Tell: Before getting started, I will orient you to the materials that will be used during the lesson.

Ask: Look at the table of contents for the *Introduction* reference handbook.

Tell: • Some REFERENCES are summaries of important lecture points or examples to be read during the lesson and then kept for future reference.

• Other REFERENCES are written practice exercises and checklists to be completed during the lesson.

• PowerPoint SLIDES are visual presentations of lecture points and illustrations to be viewed during the lesson.

• You will find it helpful, at suggested times, to copy information from the PowerPoint SLIDES.

■■■■ **Make the Point:** The goal of this lesson is to form a clear image of Setting an Overall Rehabilitation Goal.

Show: SLIDE 1 – Definition of Setting an Overall Rehabilitation Goal. Read aloud the definition.

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Definition of Setting an Overall Rehabilitation Goal

Setting an Overall Rehabilitation Goal is choosing a preferred environment in which an individual intends to live, learn, work, or socialize within the next 6 months to 2 years.

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■ ■ ■ ■ **Make the Point:** The outcome of Setting an Overall Rehabilitation Goal is for the individual to state his or her intention to live, learn, work, or socialize in a particular role in a particular environment by or until a particular date.

- Ask:**
- Do you set overall rehabilitation goals with the people you work with?
 - If so, how do you set overall rehabilitation goals with them?

Discuss: Several participants' answers.

Tell: Before learning more about overall rehabilitation goals and how they are set, you will complete a pre-training assessment form.

- Ask:**
- Complete REFERENCE 1 – Pre-Training Assessment Form.
 - Put your name on the form.
 - Answer the questions as best as you can.

Collect: Completed REFERENCE 1.

■ ■ ■ ■ **Make the Point:**


- There seems to be three ways that people set goals: rationally, intuitively, and authoritatively.
- The rational way involves people setting goals using a systematic process of weighing alternatives against a set of criteria.
- The intuitive way involves people setting goals based on a prediction of what will feel good.
- The authoritative way involves people setting goals based on expert opinions (e.g., “If the therapist says I should—I will.”).

Ask: Which goal-setting style best fits the current way the people you work with set their overall rehabilitation goals?

Discuss: Several participants' answers.

- **Make the Point:**
- Setting an Overall Rehabilitation Goal involves assisting the person in using a rational decision-making process to set long-term rehabilitation goals.
 - Setting an Overall Rehabilitation Goal, as taught here, can be distinguished from other goal-setting methods by both the nature of the goals and the way they are set.

Ask: Read REFERENCE 2 – Example: Overall Rehabilitation Goals.



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Example: Overall Rehabilitation Goals

Residential

- I will live as a resident of a halfway house until January.
- I intend to live as a resident of Crossroads apartments by January.
- I will live with my wife and children in my own home by next February.

Educational

- I will be a student in a secretarial training program at Roosevelt night school by next July.
- I intend to study for a master's degree in psychology by next September.
- I will be a participant in the Johnson Center's partial hospitalization program until the end of next August.
- I intend to be enrolled in the Green Acre Psychosocial Center's life skills program until the end of next August.

Vocational

- I will work full-time on the assembly line at the Stride-Rite shoe factory until September.
- I intend to work at the Alliance sheltered workshop until the end of next September.
- I intend to work as a receptionist in the Lexington County supported employment program by next August.

Social

- I intend to continue playing on the team at the Racquetball Club until next June.
- I intend to be a member of the Carson City YWCA by next September.
- I intend to serve as the chairman of the activities committee at the Laurel Mountain social club until November.

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- **Make the Point:**
- The goals state an intention to be in a special role in a specific environment by a specific date.
 - The way the goals are set has five unique features.

Show: SLIDE 2 – Unique Features of Setting an Overall Rehabilitation Goal.
Read aloud the unique features.

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Unique Features of Setting an Overall Rehabilitation Goal

- Part of a systematic psychiatric rehabilitation process.
- Goal-setting precedes an assessment of skills and resources.
- Goal is environmentally specific.
- Goal is long term.
- Consumer sets the goal.

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- ■ ■ ■ **Make the Point:**
- The first unique feature is that Setting an Overall Rehabilitation Goal is part of a systematic psychiatric rehabilitation process.
 - The psychiatric rehabilitation process has three phases: rehabilitation diagnosis, rehabilitation planning, and rehabilitation intervention.
 - Setting an Overall Rehabilitation Goal is part of the diagnostic phase of the psychiatric rehabilitation process.

Ask: Read REFERENCE 3 – Psychiatric Rehabilitation Process.



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Psychiatric Rehabilitation Process

Diagnosis

- Setting an Overall Rehabilitation Goal
- Conducting a Functional Assessment
- Conducting a Resource Assessment

Planning

- Planning for Skill Development
- Planning for Resource Development

Intervention

- Direct Skills Teaching
- Programming Skill Use
- Resource Coordination
- Resource Modification

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- Make the Point:**
- The psychiatric rehabilitation process begins with the setting of an overall rehabilitation goal. Goal setting is followed by assessments of the individual's skills and resources, planning the rehabilitation interventions, and conducting interventions that develop the skills and resources that the individual needs to use to be successful and satisfied in his or her preferred environment.
 - The process culminates with the person's achievement of his or her overall rehabilitation goal.
 - The process is systematic in that there is a sequenced order of operationally-defined activities that relate to one other.