

# Setting Training Goals

## Process for the Trainer/Learner

- From the baseline assessment, skills may be identified that are not performed as safely, effectively and/or efficiently as they might be.
- For each of these skills, a decision needs to be made about whether improvement in the skill is a goal of the learner.
- The learner may need some help recognizing the functional benefits of acquiring a new skill.
- 5-10 goals should be identified at the beginning of a series of training sessions.
- A decision needs to be made as to whether it is feasible for the person to learn this skill. If in doubt, we recommend that the person be given an opportunity to learn the skill.
- The trainer has the right to refuse to provide training on any skill that he/she does not believe to be safe and feasible.
- The goals should be monitored and may be revised as training progresses.
- The goals may be formalized in a Goal Attainment Scale (see WST Manual) that can be used to track progress and quantify outcomes

## What Makes a Good Goal?

Each goal should be:

- Brief
- A specific wheelchair skill
- Significant
- Achievable in the training time available
- Observable (a measurable action item)



## Examples of Good Goals

- Roll 100 m in 2 minutes, using no more than 100 pushes, at least 90% of which must be correct (long pushes with low recoveries).
- Using a single push, perform a drag turn around a corner through a doorway.
- Get the wheelchair up a 2cm curb.
- Cross a 2-lane city street with curb cuts within 30 seconds.
- In the wheelie position, roll forwards 10 m.
- Come down a steep grassy incline in the wheelie position.
- Get from my wheelchair to the floor and back into my wheelchair within 60 seconds.
- Come down a flight of 10 stairs backwards, with one hand on a rail and the other on a hand-rim.



## Examples of Poor Goals

- Go shopping at the mall. – Too broad, needs to be more specific.
- Reduce by 10% the number of pushes needed to roll 10 m. – Not significant. Too trivial.
- Complete a full marathon. – Not achievable in the training time available (8 sessions).
- Spend more time with my friends. – Not a wheelchair skill and not easily observable.
- Understand the importance of weight shifts to prevent pressure sores. – Not an action item.

