

## What is GAS?

GAS was originally described in the late 1960s and is now an established method of devising goals to motivate clients into change and also using the achievement of the goal as a measure of outcome. It is one of the measures in the UKROC neurorehabilitation outcome collaboration.

Goal Attainment Scaling (GAS) is evidence-based practice tool that helps measure and manage goal progression within neurorehabilitation. It provides useful validity of regulated rehabilitation, encouraging cost-effective input.

## Why use Goal Setting and GAS?

The need to demonstrate outcome in rehabilitation means Goal Setting and GAS is ever important. In a cost-driven market, the ability to measure the effect of therapeutic treatment is an important element in the argument to show cost effectiveness and return on investment for rehabilitation work.

Goal Setting and GAS are useful as they focus on the areas of change that are important to the client (client focused). It enables teams to work together to set client centred rehabilitation goals and to measure and demonstrate outcomes.

GAS training provided by Recolo has two main aims:

1. To provide a framework for evidence of progress made in rehabilitation
2. To demonstrate a process that engenders a working structure for a MDT in a complex, fluid system

## Who will benefit from GAS training?

GAS workshops will inspire case managers, psychologists, occupational therapists, physiotherapists, community therapist and allied health professionals working in rehabilitation with clients with brain injury. It is suitable for any level of neurodevelopmental disability.

The workshops will also benefit any case manager or therapist working in rehabilitation with a desire to set SMART client centred rehabilitation goals and to measure and demonstrate outcomes.

Our training caters for the whole community of rehabilitation professionals and aims to provide a conducive and encouraging place for learning, development and collaboration with others working in the neuro landscape.

## How is GAS training provided?

GAS training from Recolo is currently provided as a standalone core workshop (GAS I or GAS II), at various training venues around the UK. We also deliver bespoke GAS training for organisations, at their own locations. Please see below for a brief description of the two core workshops. Bespoke training is tailored to the needs of the commissioning organisation and will incorporate these elements plus others as relevant.

## Which workshop is best for me?

GAS I	GAS II
<p>GAS I is the workshop to attend if you are new to Goal Attainment Scaling or are yet to have training on what it is and how to do it.</p>	<p>GAS II is the course to attend if you have had previous GAS training. You will already be confident in SMART goal setting, understand a client centred approach to goal setting and have a working knowledge of what GAS is. It provides a valuable opportunity for experienced health professionals who manage the strategic direction of rehabilitation, to consider together how to improve quality of life for their clients whilst justifying costs and therapy fees to non-clinical funding providers.</p> <p>Participants at this event are encouraged to bring care and treatment plans with them to discover how these can be integrated in Goal Attainment Scaling.</p>
<p><u>Key Learning areas covered in GAS 1 workshop</u>  <b>GAS MARK 1</b></p> <ul style="list-style-type: none"> <li>✓ Understand the importance of goals in rehabilitation</li> <li>✓ Understand the basics of goals theory</li> <li>✓ Apply goals theory to the individual client, allowing for cognition, insight and motivation considerations.</li> <li>✓ Learn how to facilitate the setting of client centred objectives and Specific, Measurable, Achievable, Relevant and Time-Limited (SMART) goals</li> <li>✓ Learn what Goal Attainment Scaling is and what it measures</li> <li>✓ Learn how to use Goal Attainment Scaling and its value as a therapeutic tool</li> <li>✓ Implementing goals and Goal Attainment Scaling in a working system; the importance of collaboration</li> <li>✓ Providing measures of change and outcome through evidence-based practice as part of well-run rehabilitation plan.</li> </ul>	<p><u>Key Learning areas covered in GAS II workshop</u>  <b>GAS MARK 2</b></p> <ul style="list-style-type: none"> <li>✓ Be able to derive SMART goals with people with different levels of insight</li> <li>✓ Develop confidence and understanding in using both Goal Setting and Goal Attainment Scaling in clinical and medico-legal settings</li> <li>✓ Be able to critically evaluate Goal Attainment Scaling; strengths and weaknesses</li> <li>✓ Use change management principles to build goal setting and GAS systems in a rehabilitation team.</li> <li>✓ Learn how to develop implementation packages for multi-professional teams and apply GAS in a in a coordinated manner.</li> <li>✓ Identify any barriers to implementing and running a goal setting /GAS system and develop ways of overcoming these barriers</li> <li>✓ Promote best practice and understanding of rehabilitation activities.</li> </ul>