

recolo

ELIGIBLE
FOR CPD
POINTS



Client focused Goals Training Workshops

Tailored and dynamic support to improve quality of life and deliver cost-effective neurorehabilitation.



Discover an efficient way of measuring development

Every child, every family and every injury is different. This level of complexity often requires the delivery of a bespoke, creative rehabilitation programme to aid the recovery process. Recolo are delighted to offer Client Focused Goals training workshops to rehabilitation professionals. Our workshops incorporate Goal Attainment Scaling (GAS) which is a clinically proven and UKROC recognised practice tool that helps health professionals create goals for greater developmental progress and cost-effective input.

In the GOALS workshop series, we look at how health professionals can work with families to establish long and short term objectives and goal setting as part of a bespoke treatment programme, ensuring intervention is meaningful for children and families.

Set goals, track progress and motivate for greater results

We offer Goal Attainment Scaling in two accessible workshops – Level 1 and Level 2. Each one is client-focused and focuses on the areas of change that are most important in their lives. The workshops have two main aims:

1. Deliver a framework for evidence of progress made in rehabilitation
2. Demonstrate a process that creates a working structure for a MDT in a complex, fluid system

Flexible training, tailored to your organisation

Our bespoke GOALS training days offer flexible training tailored to the needs of the commissioning organisation at their own premises.

We understand that participants come from a variety of disciplines and one of the key aims of the training is to ensure all staff have an equality of knowledge and a confident ability to put GOALS into practice.

Working with the health and rehabilitation community

GOALS workshops have already helped countless health professionals working in rehabilitation with clients with brain injuries. It's suitable for any level of neurodevelopmental disability and particularly resourceful for:

- Case managers
- Psychologists
- Occupational therapists
- Physiotherapists
- Community therapists
- Allied health professionals.

Our training has been created to appeal to the whole community of rehabilitation professionals and aims to provide a conducive and encouraging space for learning, development and collaboration with others working in the neuro landscape.

Value added benefits

- Motivate performance with greater staff retention and employee value
- Increase client and family satisfaction
- Increase the capabilities for individuals to meet the challenges of today and tomorrow
- Aid cost efficient delivery of therapy
- High calibre development of health professionals and support workers
- Encourage cohesive MDT working
- Ability to track and audit progress with visible overview of achievements within the GOALS structure.

Which GOALS workshop is right for me?

Level 1:

Beginner - An introduction to Goal Attainment Scaling (GAS)

Our Level 1 workshop is aimed at health professionals that aren't yet familiar with the course. We'll get you up-to-speed with the benefits of Goal Attainment Scaling, help you understand how you can start creating goals and show you its value as a therapeutic tool.

Key learning areas include:

- Realise the importance of goal setting in rehabilitation
- Understand the basics of goals theory
- Apply goals theory to individual clients, allowing for cognition, insight and motivation considerations
- Learn how to set client-centered objectives and Specific, Measurable, Achievable, Relevant and Time-Limited (SMART) goals
- Learn what Goal Attainment Scaling is and what it measures
- Discover how GAS can be used as a therapeutic tool
- Implement goals and GAS in a working system
- Deliver measures of change and outcome through evidence-based practice as part of a well-run rehabilitation plan

Level 2:

Advanced - Using GAS to craft focussed rehabilitation plans

Our Level 2 workshop will help health professionals that have already had previous Goal Attainment Scaling training. You'll already have a working knowledge of what Goal Attainment Scaling is and be confident in SMART goal setting.

Extend your skills with GAS level 2 and gain a valuable opportunity to consider, together, how to further improve your client's quality of life while justifying costs and therapy fees to non-clinical funding providers.

Key learning areas include:

- Be confident in creating SMART goals with clients at different stages of rehabilitation
- Fully understand and be able to deliver Goal Setting and Goal Attainment Scaling in clinical and medico-legal settings
- Critically evaluate Goal Attainment Scaling; strengths and weaknesses
- Use change management principles to build goal-setting and GAS systems as part of a rehabilitation team
- Learn how to develop implementation packages for multi-professional teams and apply GAS in a coordinated manner
- Identify obstacles which might prevent GAS systems and develop solutions to overcome these issues
- Promote best practice and understanding of rehabilitation activities

For further information or to discuss a bespoke training workshop for your organisation, please contact **Lois Shafik-Hooper**, Chief Operating Officer on **07715 104802** or email lois.shafikhooper@recolo.co.uk, or visit our website www.recolo.co.uk

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