



## Goal setting to help you age well

Recovery from brain injury can take a long time, and setting goals can be a good way to see changes over time. Goals can be big or small, simple or complex, or can focus on getting back lost skills or gaining new skills, interests, or habits. It can help to talk with family members, friends, or health professionals when you are thinking about your goals. This sort of teamwork is an important part of goal setting.

It is a good idea to write down your goals so you can check back later to see how you are doing. Sometimes starting with a big goal – which may be linked to a life role that you really value – and then breaking it down into smaller steps that are more achievable can be helpful. You might find you don't always meet your big goal, but – when that happens – achieving the smaller steps may help you to recognise the progress you have made and help you re-set goals over time. It is also important to work out ways to measure your progress. You could use a table, like the one below, to record your goal, with some smaller steps that you can work on, and examples of how to measure your progress.

For example, a big goal may be to move from living with family to living on your own and running your own home. Here is how you could complete the table:

<b>Big goal:</b> <i>To move from living with my family to living on my own and running my own home</i>	
<b>Smaller steps towards the bigger goal</b>	<b>Examples of ways to measure progress</b>
<i>Develop a step-by-step personal care routine that I implement consistently each day of the week</i>	<i>Using a whiteboard in my bedroom, tick off the days in the week where I have my personal care routine finished by 9am. Put a cross on days I did not achieve this.</i>
<i>Develop a routine of house cleaning tasks that I follow on set days of the week</i>	<i>Using a checklist in my kitchen, tick off the cleaning tasks I finish on Mondays, Wednesdays and Fridays. Put a cross on days I did not finish these tasks.</i>
<i>Plan and stick to a weekly budget</i>	<i>Using a budgeting app (or a diary), record my planned and actual budget expenses each week for four weeks.</i>



Here is a blank template for you to use:

**Big goal:**

**Smaller steps towards the bigger goal**

**Examples of ways to measure progress**








## Health diaries

You can keep a diary to track things like sleep, fatigue, or pain. Try to fill out your diary every day over at least a few days. It can be helpful to take your diaries to your health care professionals. This will help them better understand your problem.

### Mood diary

Rate your mood from 1 to 5 – where 1 is a bad mood and 5 is good mood. Add some comments about the good and bad things that affected your mood.



Week 1:	Mood score					Comments	
Day	 1	 2	 3	 4	 5	 Good things today	 Bad things today
<i>Example</i>				x		<i>Had lunch with friends</i>	<i>Had a fall</i>
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



## Sleep diary

Sleep quality rating scale: 1 – terrible, 2 – poor, 3 – average, 4 – good, 5 – excellent

	What time did you go to bed last night?	What time did you wake this morning?	How long did it take you to fall asleep?	How would you rate your quality of sleep from 1-5?	Did you have a nap during the day or evening and for how long? (in minutes)
<i>Example</i>	9pm	6am	20 minutes	4	20 minutes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

## Fatigue diary

Using this scale of 1 to 5, record your energy levels in the diary:



1.

### No fatigue

Able to do all normal activities.



2.

### Mild fatigue

Able to do most normal activities.



3.

### Moderate fatigue

Able to do some activities but need rest.



4.

### Severe fatigue

Difficulty walking or doing activities such as cooking or shopping.



5.

### Extreme fatigue

Needing to sleep or rest all day.



	Morning	Afternoon	Evening	Treatment or activity	Other notes
<i>Example</i>	2	3	4	Took a nap	Plan to have a restful day tomorrow
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					











## Food diary

### Week 1

	Breakfast	Lunch	Dinner	Snack
<i>Example</i>	<i>Yoghurt and an apple</i>	<i>Turkey and salad sandwich</i>	<i>Salmon and vegetables</i>	

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Goal:

Food I should try:

Food I should avoid:

Notes

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## Physical activity diary

	Time of day	Description of activity (Type and intensity level)	Duration
<i>Example</i>	<i>8am</i>	<i>Walked the dog</i>	<i>20 minutes</i>
	<i>1pm</i>	<i>Did my balance exercises</i>	<i>10 minutes</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			





## The A-B-C framework

Problem behaviour	Trigger/s	Consequences	Change I will make
<i>Spending money without thinking about the bills that need to be paid</i>	<i>Online shopping</i>	<i>Not having enough money to pay all my bills</i>	<i>Before making big purchases I will talk to my family</i>

### How to use the A-B-C framework:

#### Step 1: Identify the problem behaviour

- Focus on one behaviour at a time
- Try making a list of behaviours that you would like to stop or change
- What does the behaviour look like?
- How often does the behaviour happen?
- How long does the behaviour last?

#### Step 2: Identify the trigger for the behaviour

- What or who is or is not present before the behaviour happens?
- Where does the behaviour take place?
- What time of day does the behaviour happen?

#### Step 3: Identify the consequences

- What happened right after the problem behaviour?
- How did people react to your behaviour?
- Did you get something or have something taken away due to the behaviour?
- What sort of consequence would you prefer to happen instead?
- Aim to make small changes over time. Do not expect changes to happen quickly
- Aim to reduce the number of times the behaviour happens and the intensity



## Fatigue management

Pacing is a way for you to help manage your energy levels. By pacing your activities throughout the day, you can make it less likely that you will have energy crashes and big ups and downs in your symptoms.

### Try this pacing strategy:

Assign your daily tasks a colour (red, yellow, or green) based on how much energy you need to do them.

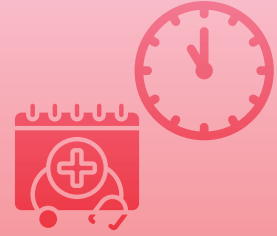
- Red tasks use a great deal of energy
- Yellow tasks use a moderate amount of energy
- Green tasks use only a small amount of energy

Set yourself no more than one red task each day and no more than two yellow tasks each day. You can set yourself a few green tasks each day depending on your energy levels on that day.

For example, a typical day may look like this:

#### Red task

- Go to my doctor's appointment at 11am



#### Yellow tasks

- Go for a walk or walk the dog
- Cook dinner



#### Green tasks

- Call my physiotherapist to make next week's appointment
- Feed my pet
- Call a friend for a chat



## Apps and other tools

### Brain Injury

There are apps available that have been designed to help you after brain injury. You can start by trying some of these suggested apps which are available via the Apple App and Google Play stores unless otherwise noted:

- ABI Wise
- CanPlan (*available on the Apple App Store*)
- Proloquo2Go (*available on the Apple App Store*)

### Mindfulness and meditation

Mindfulness and meditation can help you to relax, reduce tension, and sleep soundly. There are apps available to help you learn to practice mindfulness and meditation that you can access through the app store on your mobile phone. You can start by trying some of these suggested apps:

- Headspace Guided Meditation and Mindfulness
- Smiling Mind
- Breathe2Relax

### Mental health (mood/anxiety)

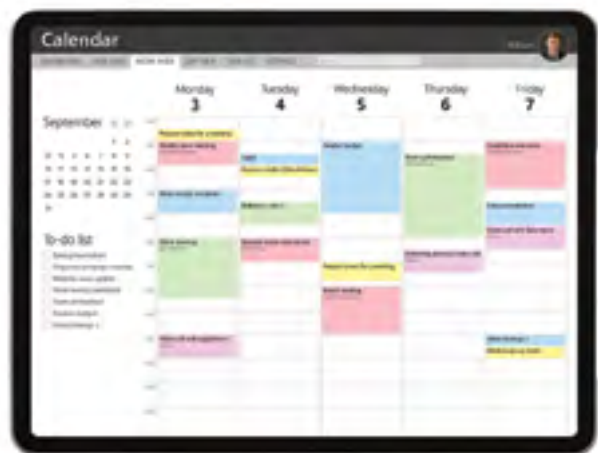
There are lots of apps available to help you to self-manage mood and anxiety. They can help you to manage stress and worry less. You can start by trying some of these suggested apps:

- Headspace
- Virtual Hope Box

### Cognitive impairment

There are techniques you can learn to help you to remember things and stay organised. There are lots of apps available to help you to self-manage cognitive impairments. You can start by trying some of these suggested apps:

- Reminders
- Talking Alarm
- Out of Milk
- Todoist
- List Ease: Shared Grocery List – (*available on the Google Play store*)
- OurGroceries
- Password manager
- Calendar
- Visual Schedule Planner





## Medication management

It is important to remember to take your medication and to take it as prescribed. There are lots of apps available to help you to manage your medication. You can start by trying some of these suggested apps:

- Pill Reminder Medication Alarm
- Max – Pill reminder (available on the Apple App Store)
- MedHelper (available on the Apple App Store)
- Pill Monitor (available on the Apple App Store)

## Rehabilitation

There are lots of apps available to help you to self-manage your rehabilitation journey. They can help you to maintain health and well-being with daily workouts and mental activities. You can start by trying some of these suggested apps:

- Mindmate Alzheimer's app

## Budgeting

There are lots of apps available to help you to self-manage your finances. They can help you to create a budget and keep track of your spending. You can start by trying some of these suggested apps:

- Daily budget original (available on the Apple App Store)
- Simple budget (available on the Google Play store)

## Locating lost items

There are apps and tools to help you to find things when you misplace them or to remind you where you park your car. You can start by trying some of these suggested apps:

- Find my iPhone (available on the Apple App Store)
- Tile (available on the Apple App Store)
- My Car Locator (available on the Apple App Store)
- Apple Air Tags

## Organisation

There are apps to help you to stay organised and plan using calendars, reminders, to do lists, and grocery lists. You can start by trying some of these suggested apps:

- Cozi Family Organizer
- Evernote
- ToDo (available on the Apple App Store)
- 24me
- Microsoft OneNote Working



## Communication

There are apps to help you to communicate. They can help you to remember things and stay organised. You can start by trying some of these suggested apps:

- Unus Tactus (*available on the Apple App Store*)
- Bla Bla Bla (*available on the Apple App Store*)
- Language Therapy – Aphasia (*available on Google Play store*)

## Productivity and study

There are apps to help you with productivity and to support you when studying using flashcards, mind mapping, and checklists. They can help you to remember things and stay organised. You can start by trying some of these suggested apps:

- Brainscape
- Trello
- Mind meister

## TAC – Transport Accident Commission

TAC provides support for people with transport injuries in Victoria. You can access TAC support services through their website or try using their myTAC app.

You can use the myTAC app to:

- Update your personal and banking details
- Complete forms and send documents
- Submit receipts and claim reimbursements
- Send and receive messages
- Complete your self-assessment after your accident (if required)
- Find out about treatments and services the TAC may pay for

## Memory

There are some programs that can help you to better understand memory, how it can be affected by your injury, and what changes you can make in your daily life to help your memory. While these programs may help some people, everyone is different, and your health professionals can help you to see what is right for you.

- MEMORehab (via telehealth)  
<https://memorehab.com.au>

