

What are goals of care?

Goals of care are things you can do to have good health. For example, your goal might be to:

- Lower your blood pressure
- Heal an injury
- Walk with no pain
- Have surgery

Your goals of care can be activities. For example:

- Walk up stairs
- Work in the garden
- Go on a holiday

Your healthcare team

A **healthcare team** can help you make goals.

Your health care team are the people who help manage your health care. For example:

- Family or friends
- Carers
- Doctors and nurses
- Other health experts

Tips to plan your goals

We have 7 tips to help you plan goals of care:

Tip 1: Think about what is important

To work out what is important you can talk to your family and carers about:

- What you need, and
- What you want to get out of care

Think about what is important to you before you talk to your health care team. Your health care team will ask you about your goals. You can ask your health care team for:

- Time to think
- A place to talk
- More than 1 meeting to talk about your goals

Remember to ask your health care team questions.

Tip 2: Ask for information from your health care team

Ask for information about your:

- Health problems
- Health tests
- Treatment options

Treatment means the care you get for your health problem. For example:

- Medicine
- Surgery

Ask for information about what can happen with different tests or treatments. For example:

- The good or bad things that can happen to you
- Side effects - this means what can happen after a test or treatment
- Costs



Tip 3: Plan the right goals

Choose goals that are:

- Positive (positive means good)
- Achievable (achievable means the goals are not too hard, nor too easy)

If you have more than 1 goal your team can help you choose the best goal to start with.

If you have a big goal you can:

- Split it into small steps
- Make a plan for each step

Tip 4: Plan how people will help

Talk to your health care team about ways they can help you meet your goals.

Tell your health care team if you want help with your care from:

- Family or friends
- Carers

Tip 5: Keep a copy of your goals

The goals that are important to you should be kept in your health care record.

Your team can help you see information about your health care goals.

You choose who can read your goals.

Tip 6: Write about your goals

You can write about your goals to check if you have met them.

You can write when you:

- Have problems with a goal
- Get closer to a goal
- Meet a goal

Your health care team can help you.

Tip 7: You can change your goals

It is OK to:

- Change a goal, or
- Think of a new goal

Your goals might change because:

- Your health problem changes
- Your treatment does not work
- A different goal is more important to you

For more information

- Talk to your health care team
- Contact the Australian Commission on Safety and Quality in Health Care
Website: www.safetyandquality.gov.au/goals-of-care

