

YOUR PARKINSON'S GOALS

This step by step guide will help you find the right goals for you and help you fill in your goals sheet.

Set your goal

Is there something you would like to achieve that would benefit from making a plan?

If yes, this form may help you.

Choosing the right goal is key. It might be a health goal, or a specific event you would like to prepare for. It doesn't have to be something that is momentous or grand. Small goals can have a more immediate impact in improving your quality of life.

It's human nature is to set goals that are over ambitious, and that can be unhelpful. Try and work out what it is about the goal you most want to achieve and work out the most realistic way to achieve that part.

For instance, if you want to get back to playing in your sports team once a week, it might be unrealistic to pick up where you left off. But might still be possible to be just as involved but in a different way, perhaps playing in a different position?

Perhaps it is the fitness you miss and there are other ways to get fit, or perhaps it is about seeing a group of people more often and that becomes your goal.

If you can't think of a goal, perhaps look at your Parkinson's story. What did you write down was important to you? Maybe maintaining that or doing more of it could become your goal.

Does it have a timeframe?

It may be your goal is to prepare for an event with a set date.

If your goal doesn't have a definitive timeframe, is there a part that should happen by a certain time?

Make a plan

What needs to happen? Break down your goal into tasks.

Work back from your goal and think about everything that has to happen in order to achieve it. Do you have to get to certain places? Connect with a service or person? Or restructure your time? Be as specific as you can.

If you are having trouble breaking your goal down into tasks it may be that your goal is too vague or too complex, may be re-think which part of it you most want to make happen and make that your goal.

Choose your team

Do you need anyone's help?

Can you reach your goal alone or do you need anyone to organise something, give you more time, talk through your plan or put you in touch with another person or service? Do you need someone else's expertise? Do you need input from your family or health care team? List who you want in your team in this section.

Make a start

What are the first three steps and who is doing them?

Get started on your plan by writing the first three steps that need to happen. If they involve someone else helping you, then your first step is to get in touch with that person.

How will you know when you have achieved your goal?

What will be the point where you have achieved your goal?

By setting a clear point of achievement you can tell how near or far away from it you are. It also helps to get a sense of achievement once your goal is complete.

Set your goal

Does it have a timeframe?

Make a plan

What needs to happen to achieve your goal? Break down your goal in to tasks

Choose your team

Do you need anyone's help? List exactly who

Make a start

What are the first three steps?

Whose doing them?

| What are the first three steps? | Whose doing them? |
|---------------------------------|-------------------|
| 1 | |
| 2 | |
| 3 | |

How will you know when you have acheived your goal?