

Short-term goal setting sheet for: Betty Hughes

Short-term goal: To be able to go to the toilet by myself

(A short-term goal is something you can achieve in one to two weeks)

Target date for achieving my goal: 24th May

Long-term goal this is helping achieve: To go back to living independently

Plan:

I will work on my balance.

I will walk with my physio or nurse twice a day.

In the daytime, I will walk to the toilet with the nurse keeping an eye on me.

I will walk to the toilet at night with the nurse's help.

I will work on pulling my clothes up and down when I go to the toilet.

I will make sure there is a high seat in the toilet.

If/then plans:

(What will I do if something gets in the way of achieving my goals?)

Written by HealthInfo clinical advisers. Last reviewed October 2022.