

*family*

A D V O C A C Y

PO Box 502  
Epping NSW 1710

305/16-18 Cambridge St  
Epping NSW 2121

Phone: (02) 9869 0866  
Facsimile: (02) 9869 0722

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Author: Hole, Jill

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### Abstract

The author clarifies the need for families with a member with a disability to set goals. She cautions against making the goals too vague or unattainable. This necessitates employing critical thinking skills. **Keyword: Families**

# **GOALS! GOALS! GOALS!**

## ***The second in a series of articles by Jill Hole***

### **GOAL SETTING**

As the majority of people with a disability live with their parents, the issue of a quality lifestyle affects the whole family. So, for many families the need to be goal orientated is as much a necessity as it is for the person with a disability.

Within the life span of a person with a disability, goals need to be established for the following lifestyle elements:

- |              |                    |                 |
|--------------|--------------------|-----------------|
| * assistance | * relationships    | * accommodation |
| * home life  | * work life        | * education     |
| * leisure    | * community access | * health        |
| * equipment  | * respite          | * advocacy      |

When goal setting, many people want to attempt more than they can accomplish. Their goals are often too broad and vague and this creates frustration and often the effort fails. It is imperative to think critically when there is one or more issue to address. There is no way to effectively set goals unless one thinks critically about:

1. the nature of the issue and
2. how go about realising the goal

Critically thinking through an issue involves *working out afresh our own thinking* on a subject. From here, a new creation is established with a new set of ideas and structures.

Becoming adept at drawing up a set of goals on the basis of good reason is more complex than it appears, hence the need for strategies and techniques,

### **CRITICAL THINKING**

Critical thinking can be used to describe thinking, which is goal directed.

- \* Critical thinking skills involve:
- \* planning - the ability to organise a way of achieving a specific outcome or solution
- \* forecasting - the ability to predict future events. It involves looking at causes and/or effects of given situations
- \* communication - the ability to express thoughts and ideas to others
- \* decision-making - generating alternative ideas and solutions and weighing up against criteria established
- \* evaluation - the ability to weigh up ideas in a logical manner, looking at the desirability or otherwise of each

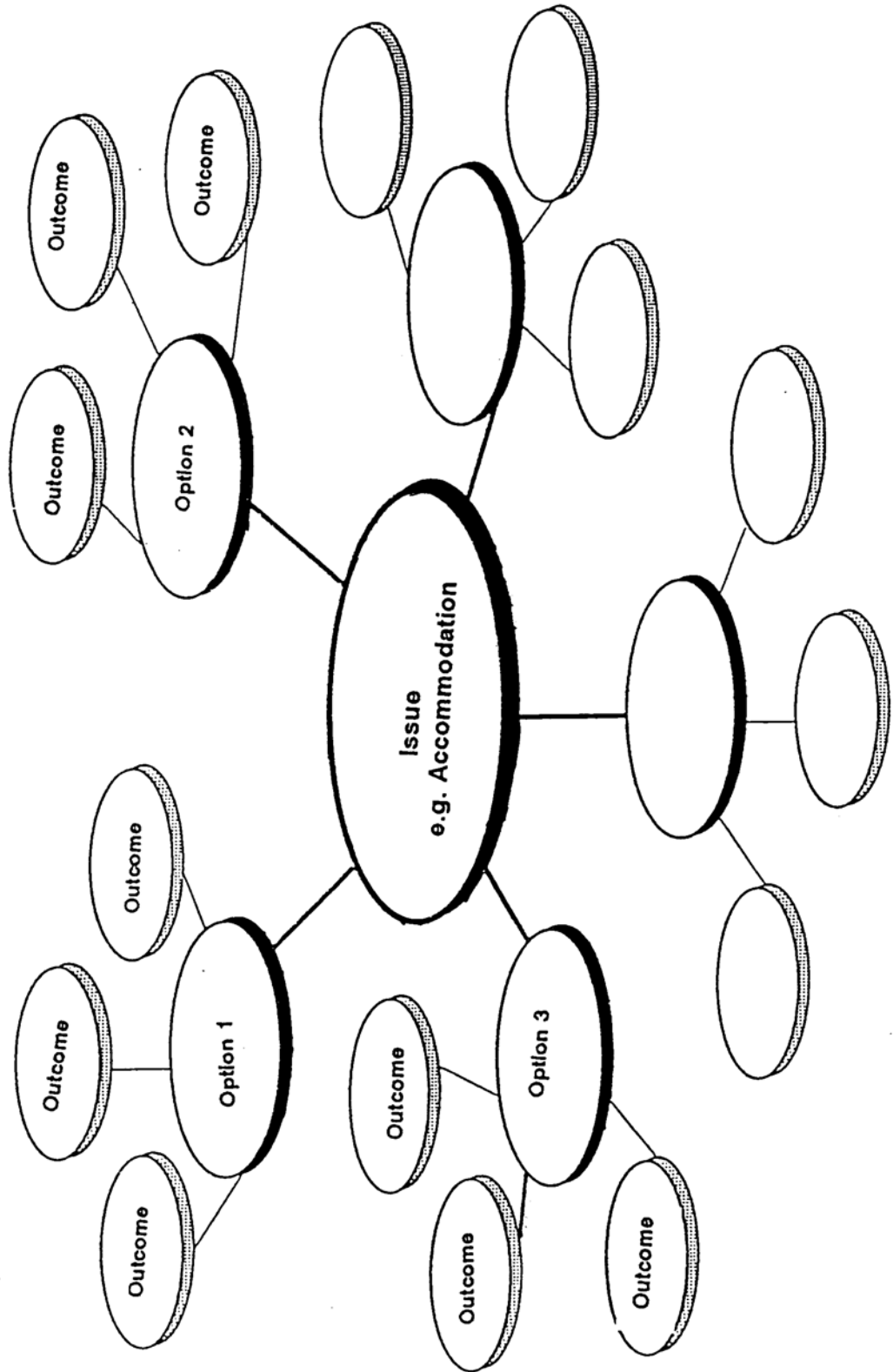
The use of critical thinking assists in all aspects of goal achievement. This is especially so, when the user is aware of the skills it is possible to use.

The following tools may be useful when working towards establishing new goals in your life or your family's life. By using these well-known techniques it is hoped your goals will become more clearly defined and your lifestyle enhanced.

**GOALS! GOALS! GOALS! (cont'd)**  
**USEFUL TECHNIQUES TO STIMULATE THINKING**

1. Skill - Planning

THINKER'S WHEEL



## **GOALS! GOALS! GOALS! (Cont'd)**

### **2. – Forecasting Technique Grid**

Issue e.g. Work Options	
Possibilities (What If)	Consequences
1.	1.
2.	2.

### **3. Skill - Planning Technique - 6 Step Plan**

- a) Set clear priorities
- b) Set specific Aims and Goals based on Priorities
- c) Plan Action
- d) List Specific tasks needed to implement action
- e) Decide who will do these tasks
- f) Set Time Limits

### **4. Skill - Evaluation Technique - Good Points/Bad Points**

Issue	
Good Points	Bad Points
*	*
*	*

(Variation:) List viewpoints from the perspective of two opposing sides in an issue.

### **5. Skill - Communication**

This is the ability to express thoughts and ideas to others.

Effective communicators can -

- \* describe and discuss feelings and values using moods, emotions and empathy
- \* classify
- \* make comparisons and see relationships
- \* use non-verbal communication
- \* compose and organise words into constructive thoughts

An awareness and use of these processes enables the thinker to purposefully develop their ability to set relevant realistic goals.

'Yours in creativity,

Jill Hole