

A pilot study comparing two different methods of goal setting in home based stroke rehabilitation

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Abstract

Purpose: There has been limited research into the use of technology to facilitate the goal setting process with people who have neurological impairment. This study compared the use of a paper based tool, and an iPad application for goal setting. The goal setting experience from both the participant and therapist perspectives were explored.

Methods: Six participants received neuro-rehabilitation over a nine-week period in a community setting. The Canadian Occupational Performance Measure (COPM) and the Aid for Decision-Making of Occupational Choice (ADOC) were used to identify goals with participants prior to and following completion of intervention. Interviews were conducted with four of the participants and four occupational therapists to explore the experience of goal setting. Interviews were coded and sorted into themes.

Results: GAS *T*-score changed by 31.5 (SD 14.25) in the COPM group and 30.4 (SD 23.62) in the ADOC group. Two common themes emerged from the participant and therapist perspective, '*towards goal identification*' and '*redefining normal*'. An additional theme '*technological limitations*' was also identified from the therapist perspective.

Conclusion: The use of visual cues such as those on the ADOC can be an effective tool for goal identification with participants, especially when experiencing communication or cognitive impairment following a stroke. However the use of technology was perceived to be a barrier, and low-tech options could be an effective modality to increase client centeredness.