

## Awards for Learning, Development and Research

<b>Name of award holder</b>	Bryony Gettins
<b>Award category</b>	Constance Owens Liverpool Award for Service Development
<b>Year</b>	2023
<b>Title of project</b>	Holding my own destiny: Person-centered shared goal sheets

The project aimed to enhance person-centered Occupational Therapy (OT) in hospitals by improving communication and collaboration between clients and therapists. This was to be achieved through the trial and evaluation of a shared goal sheet, designed to support collaborative goal setting and intervention planning. The goal sheet would help clients and therapists identify and achieve goals together, involve clients in their therapy planning, and serve as a reminder of agreed goals. It would also keep families informed and involved in the therapy process. Feedback from clients, families, and clinicians would be used to refine the tool, with funding requested for project activities.

Clients and families appreciated having direct access to agreed goals. Clients felt supported in identifying their own goals and found the shared document helpful for recalling what had been agreed. However, it was less helpful when clients did not receive a copy of the tool. The wording around aspirational goals needed improvement, but breaking goals into milestones was more meaningful.

Clinicians provided positive feedback, noting that the goal sheet helped clarify communication with clients and families, encouraged progress, and prompted consideration of holistic goals. They suggested improvements for the tool's wording and format, including laminating the sheet and attaching it to bedside cabinets for easier updates and better visibility.

The feedback indicated that the shared goal sheet was a good starting point for supporting collaborative practice. Further work is recommended to refine the format, wording, and integration of the tool into OT and the wider multidisciplinary team.