

SMART GOAL SHEET

The care planning activity should also address setting goals based on clinical outcomes and the resident's perspective on their care needs and what is important to maintain their quality of life. It is recommended that a **Quality Of Life (QoL)** questionnaire be used to ascertain the resident's view of their quality of life. The goals developed with the resident/family should cover **resident QoL, clinical outcomes** and **quality care outcomes** to address a wide range of documentation needs (i.e. consumer satisfaction and clinical expectations).

SMART Goals are an example of a standardised approach to goal setting with measurable outcomes. The SMART acronym (www.projectsmart.co.uk) stands for goals that are:

<u>S</u>pecific	They provide clarity, focus and direction
<u>M</u>easurable	Objective measures can demonstrate the effectiveness of the goals
<u>A</u>ction-oriented	They provide a strategy for achieving them
<u>R</u>ealistic	Have agreement of all [parties, have the resources, is achievable
<u>T</u>ime-based	For a specific duration

