

Client name:

Keyworker:

Date: / /



Goal Planner

Problem Area	Satisfaction out of 10	What would have to change to increase my score to 10?	'Priority Areas' ✓ up to 3
Drug and / or alcohol use			
Health (physical & mental)			
Social life and friends			
Relationships (partner or family)			
Housing			
Job or education			
Money			
Exercise			
Legal and criminal			

How useful was this map and discussion?

NOT Useful 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 VERY Useful

Step 1

Ask the client to complete the 'Goal Planner' map thinking about each of the areas listed in the first column and rating them between 1 and 10. Explain that a score of '1' means that things in this area could not be any worse, '5' would mean not unhappy, but not happy either, and '10' would mean that it could not get any better.

Step 2

Go through each of the areas and discuss what the score means to the client. For example, if they have rated 'Money' as '3', what would have to happen to make it a '5'? What would happen to make it a '1'? Try to get a deeper understanding of what the client means by the score.

Step 3

Identify the first 3 problems to tackle in treatment. These may be the 3 areas with the lowest scores, but not always. Remember that by agreeing to tackle a 'middle-ranking' problem, you may have more chance of early success, thus building the client's confidence.

Step 4

Complete the Care Plan for each of the first three problem areas. Use this to develop treatment goals and time scales for tackling them.

Step 5

Use a separate 'Care Plan Goals' map to consider each goal in more detail. Each goal should be broken down into Specific, Measureable, Agreed-upon, Realistic and Time-bound (SMART) steps. Considering possible problems may indicate that smaller steps are required. Achieving a goal leads to increased confidence and builds therapeutic alliance.