

Appointment details

Date:

Time:

Location:

Research Nurse:

Contact Number:

We want to know about **YOUR** goals

When we meet, we will be spending time together to learn more about you and setting some goals with you. Don't worry – it is not hard.

By setting goals:

- Your care can be focused on what you want - not just what your doctors choose for you,
- You and your healthcare providers can engage in shared decision-making, and
- You can identify and celebrate meaningful changes you make in your life.



Before we meet, reflect on what parts of your life you may want to make better. To help you, below are some areas people set goals in.

Physical health

- Medical conditions
- Medications (number, tolerability)
- Symptoms (such as fatigue or pain)
- Nutrition

Psychological health

- Cognition (memory, clarity of thought)
- Mood
- Resilience (your ability to cope)
- Sleep

Function

- Ability to mobilise (walk)
- Ability to care for yourself
- Transport

Planning

- Finances
- Plans for the future

Social engagement

- Personal relationship (spouse, dating)
- Relationships with your family
- Friendships
- Travel
- Employment and work roles
- Study
- Hobbies
- Community engagement (such as church groups or volunteering)

Your notes:
