

# GOAL SETTING IN REHABILITATION: A VIEW INTO CURRENT PRACTICE *DOLOČANJE CILJEV V REHABILITACIJI: TRENUTNA PRAKSA*

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## Povzetek

Čeprav je določanje ciljev ključna veščina rehabilitacijskih strokovnjakov, je objavljenih malo orodij, ki klinikom pomagajo pri določanju ciljev ali jim svetujejo o najprimernejšem pristopu. Prispevek je pregled raziskav, ki so jih opravili, ko so skušali prepoznati prakso postavljanja ciljev in v katerih so opisani pristopi k postavljanju ciljev, ki so jih objavili. Vključeni so Vprašalnik o življenjskih ciljih (*angl.* Life Goals Questionnaire), Kanadski test izvajanja dejavnosti, Lestvica doseganja ciljev, okvir Določanje ciljev – načrtovanje ukrepov (*angl.* Goal Setting-Action Planning Framework) in Mapiranje metaforičnega opredeljevanja (*angl.* Metaphoric Identify Mapping).

## Summary

*Despite goal setting being regarded as a key skill of rehabilitation professionals, there are few published tools to help clinicians set goals or to advise them about the best approach. This paper will review the surveys that have been undertaken to identify goal setting practice and consider the range of goal setting approaches that have been published, including the Life Goals Questionnaire, the Canadian Occupational Performance Measure, Goal Attainment Scaling, the Goal Setting-Action Planning Framework, and Metaphoric Identify Mapping and consider these in the context of shared decision making.*