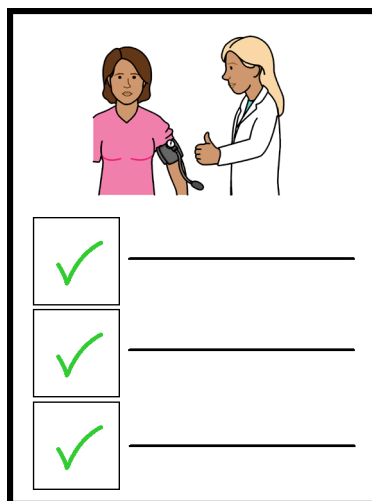


AUSTRALIAN COMMISSION
ON SAFETY AND QUALITY IN HEALTH CARE

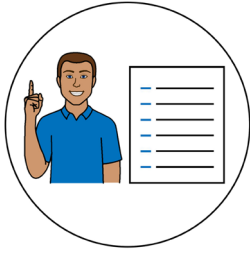


Goals of Care

**Australian Commission on Safety and
Quality in Healthcare**



Easy English



Hard words

This book has some hard words.

The first time we write a hard word

- the word is in **blue**
- we write what the hard word means.

You can get help with this book



You can get someone to help you

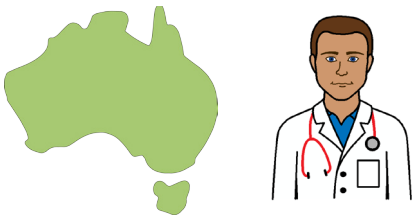
- read this book
- know what this book is about



- find more information.

About this book

This book is written by the **Australian Commission on Safety and Quality in Health Care**.



The Australian Commission on Safety and Quality in Health Care helps make sure health care in Australia is

- good
- safe.

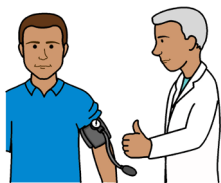


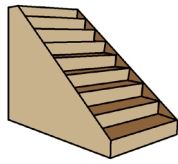
This book is about your **goals of care**.

Goals of care are things you can do to have good health.

For example, your goal might be to

- lower your blood pressure
- heal an injury
- walk with no pain
- have surgery.





Your goals of care can be activities.

For example,

- walk up stairs



- work in the garden

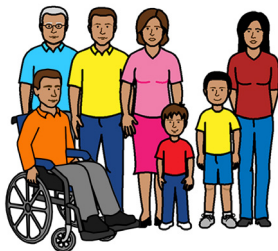


- go on a holiday.

Your health care team

A **health care team** can help you make goals.

Your health care team are the people who help manage your health care.



For example

- family or friends

- carers



- doctors and nurses

- other health experts.

Tips to plan your goals

We have 7 tips to help you plan goals of care.

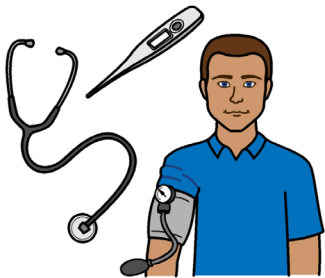
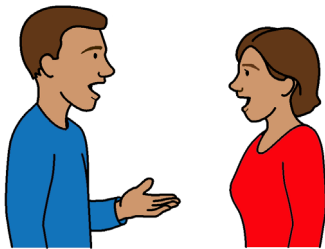
Tip 1 Think about what is important

To work out what is important you can talk to your family and carers about

- what you need

and

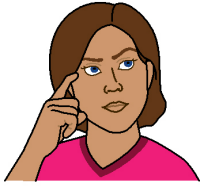
- what you want to get out of care.



Think about what is important to you before you talk to your health care team.



Your health care team will ask you about your goals.



You can ask your health care team for

- time to think



- a place to talk

- more than 1 meeting to talk about your goals.



Remember to ask your health care team questions.

Tip 2 Ask for information from your health care team

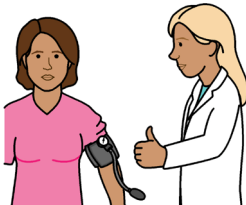


Ask for information about your

- health problems



- health tests



- **treatment** options.

Treatment means the care you get for your health problem.



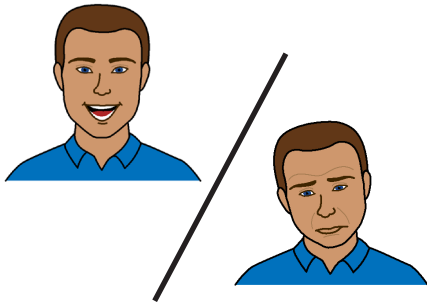
For example

- medicine

or



- surgery.



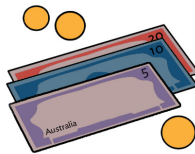
Ask for information about what can happen with different tests or treatments.

For example

- the good or bad things that can happen to you



- **side effects**
 - this means what can happen after a test or treatment.



- costs.

Tip 3 Plan the right goals

Choose goals that are



- **positive**
 - positive means good.

and

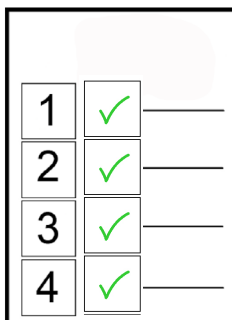


- **achievable**
 - achievable means the goals are
 - **not** too hard



- **not** too easy.

If you have more than 1 goal your team can help you choose the best goal to start with.

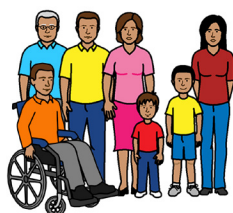


If you have a big goal you can

- split it into small steps
- make a plan for each step.

Tip 4 Plan how people will help

Talk to your health care team about ways they can help you meet your goals.

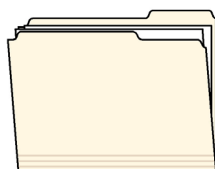


- family or friends



- carers.

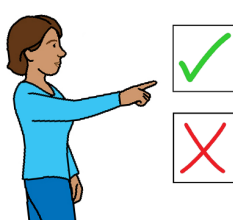
Tip 5 Keep a copy of your goals



The goals that are important to you should be kept in your health care record.

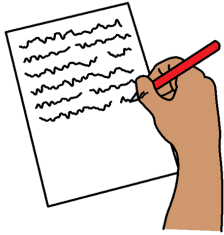


Your team can help you see information about your health care goals.



You choose who can read your goals.

Tip 6 Write about your goals



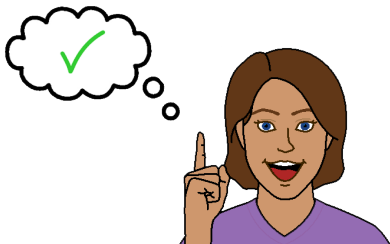
You can write about your goals to check if you have met them.



You can write when you

- have problems with a goal

- get closer to a goal



- meet a goal.

Your health care team can help you.

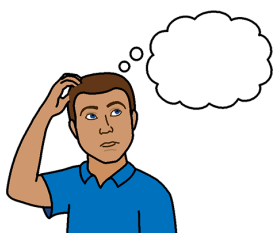
Tip 7 You can change your goals



It is OK to

- change a goal

or



- think of a new goal.



Your goals might change because

- your health problem changes



- your treatment does **not** work



- a different goal is more important to you.



More information

For more information

- talk to your health care team

or

- contact the Australian Commission on Safety and Quality in Health Care.



Website

www.safetyandquality.gov.au/goals-of-care



Email

mail@safetyandquality.gov.au



Call

02 9126 3600

Notes

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Notes

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Scope's Communication and Inclusion Resource Centre wrote the Easy English version in August, 2019.

To contact Scope call 1300 472 673 or visit www.scopeaust.org.au

To see the original contact the Australian Commission on Safety and Quality in Health Care.

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