

# Goal Area Identification Prompt Sheet

Goal Area	Suggested Prompt questions: Are you able to or do you want to work on?
Feeding	Using cutlery to feed yourself? Eating or swallowing your food? Eating all of your meals and maintain your energy levels?
Grooming	Doing your hair and or makeup? Brushing your teeth or shaving?
Bathing	Showering or bathing, including transfers?
Dressing	Dressing your upper or lower body? Putting your shoes and socks on? Doing up buttons or zippers?
Toileting	Getting yourself to and from the toilet? Managing your hygiene whilst toileting? Reducing accidents throughout the day or night?
Moving around your environment	Moving around the home i.e getting access the bathroom or kitchen areas? Carrying objects around the home? Getting up and down stairs?
Interacting with others	Talking to or understanding others? Using the telephone? Participating in and sustaining relationships? Participating in family activities? Reading and writing?
Solving problems	Planning your daily activities? Remembering to do important things such as take medications?
Accessing the community	Getting in and out of the house and go out? Travelling on public transport or in a private vehicle? Driving? Moving around in the community, walking or with equipment? Doing your shopping? Social activities such as catching up with friends?
Preparing meals	Preparing yourself a hot and cold drink? Preparing simple meals? Cooking larger meals or following recipes?
Basic household chores	Washing your clothes and hanging them out? Washing your dishes? Completing basic cleaning activities? Completing heavier chores or home maintenance?
Managing your finances	Paying bills? Managing your money when you are shopping?
Participating in leisure activities	Are you able to participate in social and community activities? (knitting, sports, gardening, photography, bushwalking, lawn bowls, etc)
Work/Study	Are you able to participate in work activities or study?
Looking after my health	Managing and understanding medications? Reducing your health-related risk factors? Learning about your medical condition?