

YOUR GOALS



THIS SESSION

We will focus on what **you** and your **family** wish to **achieve** during the **ASK study**.

BY THE END OF THE SESSION

You and your family will have **clear goals**.

RESEARCH

It's **good** for **both patients** and their **families** to **set goals**.

Goals make **rehabilitation relevant** to your needs.

Talking about your goals can help establish a **good relationship** with your **therapists**.



SET YOUR GOALS

Take a look at:






The **Needs Quiz** you filled out with your family.

The **Topics Sheet**.

Choose your topics					The ASK study
	Stroke- what is it?	Stroke- What are the risk factors?	Understanding medications for stroke prevention	Lifestyle changes to prevent stroke	Develop an action plan to prevent stroke
What is it about?	Causes of stroke The warning signs of stroke	Untreatable risk factors Treatable risk factors	Medications you may need to take to help prevent another stroke	Lifestyle changes to help prevent another stroke	Planning which health professionals you will see for stroke prevention
Me	<input checked="" type="checkbox"/> No <input type="checkbox"/> Maybe <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Maybe <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Maybe <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Maybe <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Maybe <input type="checkbox"/> Yes
My Family/friends	<input type="checkbox"/> No <input type="checkbox"/> Maybe <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Maybe <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Maybe <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Maybe <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Maybe <input type="checkbox"/> Yes

SET YOUR GOALS

Set goals that are able to be achieved **during the program.**

Fantastic outcome 	
Better than expected 	
Expected outcome 	
Less than expected 	
Much less than expected 	

Action
Success
Knowledge

The **A S K** study

action. success. knowledge

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