

Goal setting in long-term rehabilitation after an acquired brain injury

<u>Organisation(s):</u>	Association of Centres for Welfare and Work Centre Naprej Maribor, Centre for persons with acquired brain injury	
<u>Country:</u>	Slovenia	
<u>Contact:</u>	policy@esn-eu.org	
<u>Theme:</u> Choose at least one option	<input type="checkbox"/> Ageing & Care <input type="checkbox"/> Asylum & Migration <input type="checkbox"/> Young People <input type="checkbox"/> Support for Children & Families <input type="checkbox"/> Community Care <input type="checkbox"/> Integrated Care & Support <input type="checkbox"/> Co-Production <input checked="" type="checkbox"/> Disability <input type="checkbox"/> Housing & Homelessness <input type="checkbox"/> Artificial Intelligence <input type="checkbox"/> Digitalisation <input type="checkbox"/> Quality Care	<input type="checkbox"/> Labour Market Inclusion <input checked="" type="checkbox"/> Social Inclusion <input type="checkbox"/> Technology <input type="checkbox"/> Workforce and Leadership <input type="checkbox"/> Social Benefits <input type="checkbox"/> EU Funding <input type="checkbox"/> Social Service's Resilience <input type="checkbox"/> Mental Health <input checked="" type="checkbox"/> Person-Centred Care <input checked="" type="checkbox"/> Research & Use of Evidence <input type="checkbox"/> Management & Planning <input type="checkbox"/> Other, please specify:
<u>Principles of the European Pillar of Social Rights:</u> Check the 20 principles here .	<input checked="" type="checkbox"/> 1. Education, training, life-long learning <input type="checkbox"/> 2. Gender equality <input checked="" type="checkbox"/> 3. Equal opportunities <input type="checkbox"/> 4. Active support to employment <input type="checkbox"/> 5. Secure and adaptable employment <input type="checkbox"/> 6. Fair Wages <input type="checkbox"/> 7. Transparent employment conditions <input type="checkbox"/> 8. Social dialogue <input type="checkbox"/> 9. Work-life balance <input type="checkbox"/> 10. Healthy, safe work environment	<input type="checkbox"/> 11. Childcare and child support <input type="checkbox"/> 12. Social protection <input type="checkbox"/> 13. Unemployment benefits <input type="checkbox"/> 14. Minimum income <input type="checkbox"/> 15. Old age income and pensions <input type="checkbox"/> 16. Health care <input checked="" type="checkbox"/> 17. Inclusion of people with disabilities <input type="checkbox"/> 18. Long-term care <input type="checkbox"/> 19. Housing and assistance to the homeless <input type="checkbox"/> 20. Access to essential services
<u>Current status of the practice:</u>	<input type="checkbox"/> Concept and Design Phase <input type="checkbox"/> Testing or pilot phase <input type="checkbox"/> Temporary practice that has terminated <input type="checkbox"/> Temporary practice that is ongoing and has a termination date <input checked="" type="checkbox"/> Established and ongoing practice <input type="checkbox"/> Scaling Up and Transformation Phase <input type="checkbox"/> Other (please specify)	
<u>Summary:</u> Please summarise the practice in maximum 3 sentences. This	Developing and implementing inclusive solutions for people with acquired brain injury (ABI) can only be achieved by properly understanding how they arise. To convince decision-makers to adopt new approaches in long-term rehabilitation, researchers must provide evidence and data that support the achievement of desired advances in rehabilitation. Our research contributes to developing evidence-based, inclusive community and	

<i>will be the disclaimer of your project on our website.</i>	neighbourhood services and programmes. We explore the setting and achievement of personal goals related to the lives of people with disabilities who want to re-enter their lives and communities. We have proven that these services, targeted and based on their needs and where the individual is the centre, are necessary for their daily life and enable them to have a better quality of life.
<u>Context/ Social issues addressed</u> <i>Please explain the problem you attempt to solve with your practice.</i>	ABI is considered the primary cause of disability in our society. People with ABI face a range of challenges, including emotional lability, disinhibition, irritability, attention deficit disorder, executive dysfunction, memory problems, inattention, and noticeable personality changes. Effective rehabilitation and reintegration into the community are considered essential for those with ABI, but the process is hampered by society's lack of knowledge and understanding. This is partly due to the invisible nature of disability.
<u>Objectives:</u> <i>Please provide a maximum of three objectives in bullet points.</i>	<ol style="list-style-type: none"> 1. To promote the social inclusion of individuals with ABI by fostering meaningful participation in society, empowering them to collaborate with others, cultivating tolerance and emotional regulation, and actively involving them in decision-making processes that impact their lives.
<u>Activities:</u> <i>Please describe the activities put in place to achieve the objectives (maximum 300 words).</i>	<p>By helping people using services set life goals after ABI, we offer them the opportunity to reintegrate into society, establish new social relationships they almost lost after such a severe injury, and actively participate in the community.</p> <p>Based on their goals, we carry out many activities in the social environment. This encourages their social inclusion, meaningful participation in society, and empowerment. We teach them to cooperate with others, tolerance and control of their emotions, and inclusion in decision-making processes affecting their lives. We are preparing the social environment for accepting disabled people, for greater tolerance and understanding, and for reducing inequality and social exclusion in our society.</p>
<u>Outcomes:</u> <i>Please explain what the results were/are so far and how you evaluated this.</i>	<p>With the help of targeted interviews, people using services evaluated 10 important life areas on a scale of 1 to 10 using the evaluation instrument Wheel of Life. Based on that, they formulated general life goals in rehabilitation and then set specific goals in 6 rehabilitation areas that support the general goals. With the help of taxonomy, for the five years (2019-2023), we classified general and specific goals for 62 individuals. Then, we compared them over time by region and gender according to the areas or contents of the goals.</p> <p>From 2019 to 2023, people using services set 253 general goals in the context of rehabilitation-order goals. As part of the further rehabilitation work, they then set 1122 specific goals according to individual rehabilitation fields - 2nd-order goals, with which they generally achieved the defined general goals. The results show that the areas where people set the most goals are Knowledge/Work and Health. We can conclude that these two areas are the two life areas most important for our users and/or the areas they feel were the most affected by their brain injury.</p> <p>Based on that, people using services put a lot less emphasis on the areas related to social relations, emotions, and self-esteem. It was also found that the goals are often long-term and stable, and they continue to be important for the user over a longer time period. The highest percentage of goals were evaluated 5 times in a row, meaning the users kept the same goal for all 5 years. This information is important for our work because it confirms long-term rehabilitation needs. Namely, people using services pursue the same goal over a period of several years and achieve it gradually.</p> <p>Regarding the goal evaluations, it was found that most evaluations are rising or are stable through time, and only a tiny proportion of evaluations are descending. Also, the average evaluation of all goals has been growing. From the trend of goal evaluations, we can</p>

	<p>conclude that the individuals are making progress even several years after the injury. Each year, they are closer to achieving their goals, achieving greater satisfaction and quality of life. That is why it is so important that they are included in a goal-oriented rehabilitation programme at Centre Naprej. In the chronic phase, the progress is often small and barely visible, but the results of the goal analysis show that progress is, in fact, present and very important for the users. The research findings confirm the need for long-term rehabilitation in the chronic phase after acquired brain injury since goal analysis showed that the users are following the same goals for a longer period of time and that they are progressing and achieving their goals even several years after the injury.</p>
<p><u>Links to supporting documents:</u> <i>e.g. website or report of the practice</i></p>	<p>https://skupnost-vdc.si/</p>
<p><u>Comments and tips</u> <i>i.e. for people willing to use your Practice</i></p>	