

Introduction to Goal Attainment Scaling and Neuro-Divergent Affirmative Goal Development

Summary:

This introduction to the evidence-based practice of Goal Attainment Scaling provides the clinician (OT/SLP/PT/MH) with concrete steps and examples of how to apply the concepts of GA Scaling to practice for any age or stage of client population. Components addressed include the use and of a Family/Client centered interview, steps to producing GA scales, and how to use GA Scales as measurement tools for practice, management and research purposes. Additionally, the established uses of GA Scaling will be built upon and a neuro-divergent affirmative lens will be applied. Self-Determination Theory (SDT), Social Disability Model, and Autonomous Motivation will be defined as core concepts, and a framework for applying these to the development of NDA GA Scales will be provided. Multiple case examples will be given. Discussion of the integration of the family/client identified goals with clinical assessment findings and clinical reasoning is also highlighted.

Learning Objectives:

- Explain the history and purpose of Goal Attainment Scaling (GAS)
- Explain the Social Disability Model in terms of focus of GA Scale goals
- Identify family/client priorities for treatment related to goal development
- Define Autonomy, Competence and Relatedness, Motivation
- Apply these 4 concepts to clinical reasoning for GA Scale Development
- Describe structure of functional goal development and scale components
- Describe how to use GAS to track treatment effectiveness
- Summarize the components of a family-centered interview
- Develop GA scales that reflect client agency and dignity