

# Adolescent transition: Goal setting



## Adolescent Transition

Adolescent Transition Education Package | **Fact Sheet 4**

An information sheet for patients transitioning from paediatric to adult health services

One of the key activities for a successful transition to adult health services is to set some realistic goals that you can achieve throughout the process. Goal setting for this transition is important as it will help you to identify some areas in which to develop your skills and knowledge. This will help you gain the most from your transition experience.

Every person going through transition will have different goals. Your goals should be relevant to you and your needs and expectations. Setting goals that are realistic and achievable should be a rewarding experience, especially when you do achieve them.

### Why is goal setting important for your transition to an adult health service?

Before you transfer hospitals and as you are gaining independence in your healthcare, it is important for you to be aware of helpful information and to have certain self-management skills specific to your health condition, such as making appointments, organising any medications, etc. Setting goals will help you identify and bridge any gaps that you may have in these areas.

Having a greater understanding of something makes a process more comfortable. So by acknowledging any gaps and working to incorporate them into your learning process, you will help make your transfer to another hospital a smoother experience.

### Key steps

There are a few key steps that will help you when you are working to achieve your goals. The transition process will help ensure that you complete each step.

1. Write down your goals
2. List any personal benefits
3. Review your current position and identify gaps
4. List any knowledge requirements you have
5. Know your resources and supports
6. Reward yourself and celebrate

Setting goals should be fun and easy. Make sure you stay focused on your goal, have a thorough plan about how to achieve it, and then take action.

### Important things to remember

These tips will help you stay on track and set goals that are achievable.

- Make sure your goals are specific and realistic
- Stay positive as you work to achieve your goals
- Make sure your goals set up a challenge for yourself. This will help make the completion of your goals feel more rewarding
- Remember that it takes time to complete your goals. Rome wasn't built in a day!
- Be flexible; sometimes the path to achieve your goals may be a little bumpy, you might have to change paths and find another route to your goal
- Don't please others when you set your goals- make sure you are doing it for yourself otherwise you won't be motivated to achieve your goals
- Make sure you set both long and short term goals. If you only set long term goals then you won't feel like you have achieved anything
- Tackle no more than five really important goals at a time

For more info contact:

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or find email details and more info on **[www.rch.org.au/transition](http://www.rch.org.au/transition)**