

How to use NIISQ SMART goal cards



The SMART goal cards help you think about setting goals that NIISQ can assist with. Some cards may be more helpful for different stages of your NIISQ journey. It's okay to use some cards and not others.

How to use the cards

To help you set goals with NIISQ, you can:

- use the cards by yourself to think about your goals
- talk to your family or carers about the cards and your goals
- put sticky notes on cards you'd like to discuss with your Support Planner.



Reminder:

Setting SMART goals can be hard. If you need help, you can contact your Support Planner.

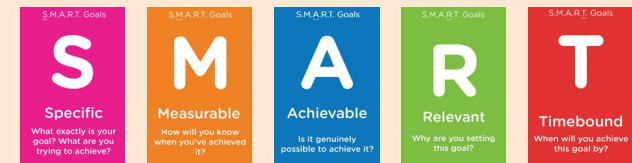
ILLUSTRATION CARDS

Illustration cards show activities you might set goals around. They can remind you of things or discuss things that are hard to talk about. Try laying out these cards on a table and picking some you want to talk about.



STRUCTURE CARDS

Structure cards show the ideas we use to set SMART goals. Each letter in 'SMART' stands for: Specific, Measurable, Achievable, Relevant and Timebound.



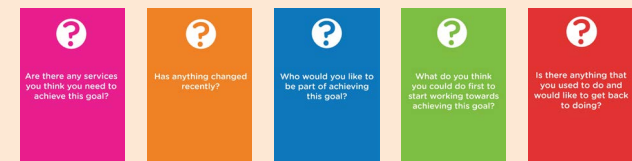
DOMAIN CARDS

Domain cards show themes to help you think about goals in different areas of your life.



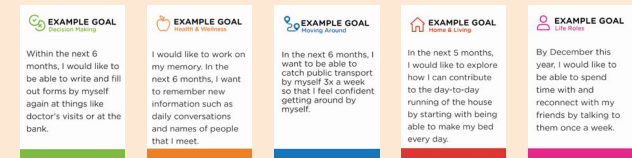
PROMPT CARDS

Prompt cards show questions that can help you think more about goals.



EXAMPLE GOAL CARDS

To help you think about goals, these cards show example goals that other NIISQ participants have chosen for themselves. These examples can help you make goals that are 'SMART'.



Extra information to help with goal setting

Knowing what NIISQ can pay for might help you decide how to pick your goals.

What we pay for

We understand every participant is different and has unique needs associated with their injury. We will pay for treatment, care and support you need because of your accident. For example:



Medical and pharmaceutical
(e.g. doctor's appointments, medication)



Dental treatment



Rehabilitation (e.g. physiotherapy, occupational therapy, speech therapy)



Attendant care and support services (e.g. personal care and domestic services)



Aids and appliances (e.g. wheelchairs) **other than ordinary personal or household items**



Orthoses and prostheses
(e.g. artificial limbs)



Educational and vocational training



Home and transport (vehicle) modifications (e.g. ramps or bathroom rails)



Respite care (sometimes called carer supports)



Ambulance transportation



Questions to ask yourself while setting goals:



1. How can NIISQ help me to achieve my goal?
2. What is stopping me from achieving this goal right now?
3. Do I need help managing my injury?
4. How can I start making smaller steps to achieve my big life goals?

For more information on treatment, care and support, visit niisq.qld.gov.au/tcs



Telephone 1300 607 566

Email enquiries@niis.qld.gov.au

Contact us
niis.qld.gov.au

Scan to learn about the cards and watch the video
niisq.qld.gov.au/cards

