ESTABLISH COMMON GOALS & STEPS TO ACHIEVE GOALS

**To PHL and CP:** What communication situations work well for both of you? Where do you have successful communication?

**To PHL:** What problems do you each experience because of your hearing loss?

**To CP:** What problems do you each experience because of your partner’s hearing loss?

**To PHL and CP:** What problems do you both experience because of hearing loss?

**To PHL and CP:** Can both of you name a situation where you hope you can improve your communication?

**PHL:** refers to person with hearing loss

**CP:** refers to communication partner
The GPS (Goal sharing for PartnerS) is a step-by-step guide designed to facilitate discussions between the person with hearing loss and their communication partner to establish common communication goals. GPS is based on the COSI (Client-Oriented Scaling of Improvement)\(^1\) and the Goal Attainment Scaling method.\(^2\) The purpose of GPS is to help the person with hearing loss and the communication partner to:

1. Acknowledge the hearing loss and the activity limitations and participation restrictions placed on each by the hearing loss and the resulting emotional impact.
2. Recognize their communication partnership and accept their shared responsibility to work together to improve communication, and
3. Establish realistic communication goals and determine the steps necessary to achieve these goals.

Use the questions in your discussion with the person who has the hearing loss and the communication partner. This framework provides a guide to systematically develop common goals beneficial to both of them. Working toward shared goals enhances the likelihood of success in improving communication. The GPS may be used during the rehabilitation process before or after the fitting of amplification. It may also be useful to revisit the GPS after the patient and partner resolve one difficult situation and are ready to move on and tackle another difficulty.

Remember, these questions are only a framework for a constructive discussion. Be curious and ask open-ended questions to explore each person’s perspective and understand the impact of the hearing loss on both parties’ daily lives. By hearing each person’s point of view, agreement about common goals can be reached and steps towards achieving these goals can be identified and agreed upon.

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We would like to acknowledge contribution from Jill Preminger, faculty and participants from Enabling Communication Partnerships seminars 2009-2010.


DEVELOPING SHARED GOALS

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<thead>
<tr>
<th></th>
<th>PHL: WHERE DO YOU FIND COMMUNICATION MOST EASY?</th>
<th>CP: WHERE DO YOU FIND COMMUNICATION MOST EASY?</th>
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<tbody>
<tr>
<td>1</td>
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<td>WHAT PROBLEMS DO YOU BOTH EXPERIENCE?</td>
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<td>5</td>
<td>SHARED GOALS</td>
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<td>STEPS TOWARD GOAL</td>
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<td>At night, in the living room, after we turn off the TV</td>
<td>At the dinner table, when it is just the two of us</td>
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<td>2</td>
<td>I can’t keep straight all the conversations going on when all the grandchildren come and visit</td>
<td>I feel bad when she misses the silly riddles the grandkids like to tell</td>
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<td>3</td>
<td>He seems to get irritated when I ask him to repeat something more than once</td>
<td>She doesn’t want to go to parties, like she used to</td>
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**WHAT PROBLEMS DO YOU BOTH EXPERIENCE?**

We miss eating out with the family and sharing the good times

**SHARED GOALS**

1. Reduce difficulty hearing at family dinners
2. Hear the grandchildren better

**STEPS TOWARD GOAL**

1. FAMILY DINNERS
   a. Sit at the end of the table so I can see everyone well
   b. Have all the lights on
   c. Wear the hearing aids
   d. Give a signal to my husband when I miss something or am lost. He can give me a “keyword” or the topic in the garden. Then we can talk one-on-one.
   e. Put the little ones nearest me because their voices are soft

2. HEAR THE GRANDKIDS BETTER
   a. Let them know they have to look at me when we have a conversation
   b. When they all are visiting, my husband agrees to send them over to me one at a time when I am in the garden. Then we can talk one-on-one.
   c. Wear the hearing aids
   d. Don’t fake it

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