

## GOAL SHARING FOR PARTNERS

(Revised October 2011)



**PHL:** refers to person with hearing loss  
**CP:** refers to communication partner

## GOAL SHARING FOR PARTNERS

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)<sup>1</sup> and the Goal Attainment Scaling method.<sup>2</sup> 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.

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

<sup>1</sup> Dillon, H., James, A. & Ginis, J. (1997). Client Oriented Scale of Improvement (COSI) and its relationship to several other measures of benefit and satisfaction provided by hearing aids. *Journal of the American Academy of Audiology*, 8, 27-43.

Dillon, H., Koritschoner, E., Battaglia, J., Lovegrove, R., Ginis, J., Mavrias, G., Carnie, L., Ray, P., Forsythe, L., Towers, E., Goulias, H., & Macaskill, F. (1991). Rehabilitation effectiveness I: Assessing the needs of clients entering a national hearing rehabilitation program. *Australian Journal of Audiology*, 13, 55-65.

<sup>2</sup> Kiresuk, T., & Sherman, R. (1968). Goal attainment scaling: A general method of evaluating comprehensive mental health programme. *Community Mental Health Journal*, 4, 443-453.

McKenna, L. (1987). Goal planning in audiological rehabilitation. *British Journal of Audiology*, 21, 5-11.

## DEVELOPING SHARED GOALS

**1**      **PHL:** WHERE DO YOU FIND COMMUNICATION MOST EASY?

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**CP:** WHERE DO YOU FIND COMMUNICATION MOST EASY?

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**2**      **PHL:** HOW DOES THE HEARING LOSS AFFECT YOU?

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**CP:** HOW DOES THE HEARING LOSS AFFECT YOU?

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**3**      **PHL:** HOW DOES THE HEARING LOSS AFFECT YOUR PARTNER?

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**CP:** HOW DOES THE HEARING LOSS AFFECT YOUR PARTNER?

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**4**      WHAT PROBLEMS DO YOU BOTH EXPERIENCE?

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**5**      SHARED GOALS

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**6**      STEPS TOWARD GOAL

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## DEVELOPING SHARED GOALS (EXAMPLE)

**1** **PHL:** WHERE DO YOU FIND COMMUNICATION MOST EASY?

*At night, in the living room, after we turn off the TV*

**CP:** WHERE DO YOU FIND COMMUNICATION MOST EASY?

*At the dinner table, when it is just the two of us*

**2** **PHL:** HOW DOES THE HEARING LOSS AFFECT YOU?

*I can't keep straight all the conversations going on when all the grandchildren come and visit*

**CP:** HOW DOES THE HEARING LOSS AFFECT YOU?

*I feel bad when she misses the silly riddles the grandkids like to tell*

**3** **PHL:** HOW DOES THE HEARING LOSS AFFECT YOUR PARTNER?

*He seems to get irritated when I ask him to repeat something more than once*

**CP:** HOW DOES THE HEARING LOSS AFFECT YOUR PARTNER?

*She doesn't want to go to parties, like she used to*

**4** **WHAT PROBLEMS DO YOU BOTH EXPERIENCE?**

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

**5** **SHARED GOALS**

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

**6** **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*
- 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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