

Scientific Workshop 21

Client-centered goal-setting tools: ADOC and C-COG

Date & Time: 2024/11/8 13:30-15:00

Venue: Venue 10 (2F 207)

Estimated capacity:

Lecturer:

Kounosuke Tomori (Tokyo University of Technology)

Yuho Okita (Soaring Health Sports, Wellness and Community Centre in Australia)

Emmah Doig (Surgical Treatment and Rehabilitation (STARS) Education and Research Alliance, The University of Qld and Metro North Health)

Learning Objectives

Participants will learn how to

- facilitate collaborative goal setting.
- use the ADOC and C-COG for goal setting.

Outline

Goal setting is an important but complex intervention that necessitates behavioral changes from both healthcare professionals and clients. Our workshop aims to introduce various tools that facilitate client-centered goal-setting through an in-person and online lecture, along with a demonstration of practical techniques for implementing client-centered goal-setting.. Firstly, we present the Aid for Decision-Making in Occupation Choice (ADOC), an iPad application displaying illustrations to promote shared decision-making in occupation-based goal-setting. Next, ADOC for School (ADOC-S), designed for the paediatric population will be introduced to facilitate school-based occupational therapy. Then, ADOC for Hand (ADOC-H), which facilitates the practical use of an injured hand in everyday activities, will be demonstrated. , The degree of client-centeredness in the goal-setting process and the identified goals will be evaluated by using the Client-Centredness of Goal Setting (C-COGS) scale.