

Goal Attainment Scaling

What information will I gain from the Goal Attainment Scaling?

The Goal Attainment Scaling (GAS) is commonly used in neurorehabilitation to measure progress toward the goal(s). It is recommended that goals are specific, measurable, attainable, realistic, and time limited.¹

Goals can be weighted, although this is optional. A weight is achieved by giving each goal an importance and difficulty rating on a 4-point scale from 0 (not at all important / difficult) to 3 (very important / difficult). The importance score is then multiplied by the difficulty score.

The expected outcome then needs to be defined, which should be as objective and observable as possible. Each goal can then be measured to represent level of attainment using a 5-point scale: 0= expected outcome was achieved; -1 to -2 expected outcome was achieved much less; +1 to +2 greater than expected outcome was achieved.

A case example is provided below:

- Sam is in their mid 20's, and lives in their family home with parents, siblings, and dog. Sam sustained a traumatic brain injury, and experiences significant executive dysfunction (initiation, planning, sustained attention) and short-term memory loss. One of Sam's goals was to independently initiate brushing their teeth at night-time. Sam no longer wanted their family to have to remind them to do this activity each day. Sam spoke to their occupational therapist about the supports they could use to achieve this goal, and they agreed on the following 5-point scale to measure progress towards this goal:

¹ <https://journals.sagepub.com/doi/10.1177/0269215508101742>

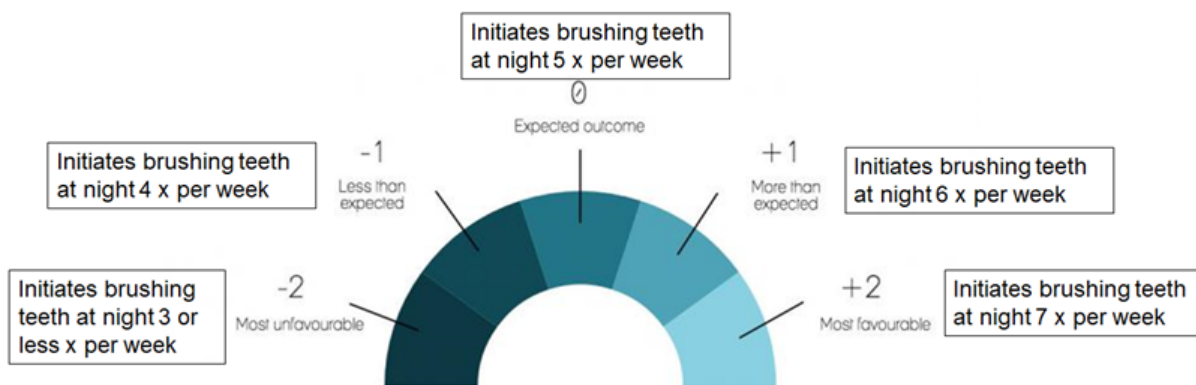
+2 = Sam initiates brushing their teeth 7 nights each week.

+1 = Sam initiates brushing their teeth 6 nights each week

0 = Sam initiates brushing their teeth 5 nights each week.

-1 = Sam initiates brushing their teeth 4 nights each week.

-2 = Sam initiates brushing their teeth 3 nights each week.



How do I administer the outcome measure?

GAS takes around 5-60 minutes to administer, and there is a required training course.²The GAS is intended to be administered by an allied health professional with the person and/or a proxy (for example, a family member, or other key supporter).

How do I report or score the outcome measure?

An overall score is calculated by incorporating the goal outcome score into a single aggregated t-score. There is detailed manual available with rating information.²

² <https://www.sralab.org/rehabilitation-measures/goal-attainment-scale>

How do I get more information on, or access to, the Goal Attainment Scaling?

[You can get more information on the Goal Attainment Scaling here.](#)

[You can download the practical guide to using the Goal Attainment Scaling here.](#)

The reference for this practical guide is provided below.

Turner-Stokes L. (2009). Goal attainment scaling (GAS) in rehabilitation: a practical guide. *Clinical rehabilitation*, 23(4), 362–370.



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* [Image by Freepik](#)



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