

Goal Attainment Scaling (GAS): worked example

Level of expected outcome	Goal one: The sitting room is clean and safe	Goal two: Tom reduces his drinking and gets more involved in basic care	Goal three: Zara accepts help with the morning routine and her depression that underlies the difficulties
Review date			
Much more than expected	The room is cosy and has been re-painted. The furniture is clean. The floor is clear. There are toys and books. The clean washing is put away regularly. There is no smell.	Tom does not drink alcohol and goes to all his appointments. He begins to spend more time with the children and take more responsibility for their care in the mornings. He is able to give the children money for the tuck shop at least twice a week.	Zara takes increasing responsibility for getting the children up. They arrive at school on time most days. Zara works with her counsellor to address her depression and takes her medication regularly.
More than expected	There is no smoking in the room, there are some toys available, all the surfaces are clear and clean.	Tom is sober most of the time. He goes to his appointments regularly. He finds other ways to relax. Tom starts to get more involved with the morning routine and puts the clothes out the night before.	Zara makes good use of her counselling sessions and continues with her medication. She gets out of bed and takes the children to school most mornings and has them ready for the parent support advisor on all other days.
Most likely outcome	The floor is clear, the furniture is clean, the dog is kept out of the room, there are no smoking materials within the children's reach.	Tom is sober around the children and goes to his Mum's if he gets drunk. He turns up to most of his appointments at the alcohol service. He spends less than £5 per week on alcohol. He does not shout from his bed in the mornings when the children are messing about and sometimes gets the breakfast.	Zara takes her medication regularly and attends an assessment appointment with the counsellor. She accepts help from the parent support advisor to get the children to school.
Less than expected outcome	Some of the clutter has been cleared, any dog faeces are cleared up immediately.	Tom sometimes drinks around the children. He misses some of his appointments. He spends the family money on drink. He is not involved in the morning routine and is sometimes grumpy and hungover.	Zara does not attend her first appointment and does not always remember her medication. She stays in bed most of the day. The children's school attendance is below 80%
Much less than expected	The floor is cluttered, there is stale food on the furniture, dog faeces are left on carpet, ashtrays and lighters are left in children's reach.	Tom is drunk whilst caring for the children. He misses most of his appointments. The family runs out of money because it has been spent on alcohol. He gets angry in the mornings because he is hungover and does not provide any care.	Zara does not take her medication or go for counselling. She spends most of the day in bed and the children continue to attend school late or not at all most days. They are not ready when the parent support advisor calls.