

What is Goal Attainment Scaling?

Goal Attainment Scaling (GAS) involves working with your health care provider to set goals for the person for whom you care.

This allows you to monitor any changes in their symptoms or challenges over time.

How will I set goals and follow them for this study?

- To start, you and your health care provider will identify three or more goals to follow over the next few months.
- For each goal, you and your health care provider will work together to develop a 5-point scale of possible better and worse scenarios related to each goal.
- At follow-up visits, you will give your study team a description of how the person you care for is now based on each goal and you will rate what level on the scale best matches how things have been going at that visit.

How do I identify a goal?

- Think about symptoms or challenges that are important and meaningful to you and the person you care for. What might you hope to see improve?
- Think about the most important symptoms or challenges that they experience day to day. Think, too, about any changes you have noticed over the last few months that are concerning.

At right, see some common dementia-related symptoms and challenges that other caregivers have identified in adults living with Down syndrome.

You can choose symptoms or challenges shown on the menu or identify a new one.

Aggression
Anxiety & Worry
Delusions & Paranoia
Emotional Upset
Hallucinations
Inappropriate Behavior
Inappropriate Language
Irritability & Frustration
Low Mood & Self-Esteem
Repetitive or Obsessive Behavior
Resisting & Refusing
Restlessness
Shadowing
Wandering
Attention & Concentration
Comprehension
Conversations
Disorientation to Place
Disorientation to Time
General Memory
Language Difficulty
Memory for Names & Faces
Memory of Past Events
Memory of Recent Events
Misplacing or Losing Objects
Operating Devices & Appliances
Problems using Phones
Reading
Repetitive Questions & Stories
Writing
Bathing
Dressing
Hobbies & Games
Household Chores
Independence
Meal-Time Preparation & Activities
Personal Care & Hygiene
Shopping
Travel & Transportation
Vocational (Work)
Decision Making
Following Instructions
Interacting with Others
Interest & Initiative
Judgment & Unsafe Actions
Personality Changes
Relationships
Self-Awareness & Insight
Social Interaction & Withdrawal
Spirituality & Religion
Thinking & Planning
Eating & Drinking
Mobility
Physical Signs
Sensory Input
Sleep Disturbances
Toileting & Incontinence
Seizures