Instructions for COSI-C and Goal Setting in Children

Introduction

The COSI, although very useful for adult clients, has some drawbacks for use with children. The goals/needs of children are likely to be much more diverse than those of adults, making it much more difficult to utilize the "Degree of Change" and "Final Ability" Scales of the COSI. The Client Oriented Scale of Improvement for Children (COSI-C) has been designed to try to incorporate the basic design of the COSI with some changes to make it more useful for paediatric clients.

How to use the form

The audiologist and family agree on one or more **goals**, and possible **strategies** to achieve these. These are recorded in the spaces provided.

The **date** for the goals **to be reviewed** should also be recorded in the space provided. This may be the same for each goal or may be different. It may be possible to have the date the same as that for the next aftercare appointment or it may be that the goal needs to be reviewed before then. For example, if the goal is for a child to manage the controls of the hearing aid by themselves, it may be appropriate for this to happen over a 6 month period, however, if the goal is to obtain a good fitting mould which prevents feedback the date for review will be much sooner.

At the review date the **degree of change** is recorded and if the goal hasn't been achieved the audiologist should discuss with the family and decide:-

1. The current strategies are working but they need more time. A new date to be reviewed should be recorded next to the goal.
2. The current strategies need to be changed. Record the new strategies and the new date to be reviewed next to the new strategy, or if there is not room rewrite the goal, new strategies, and new date to be reviewed. If the goal is rewritten put an asterix in the goal achieved column where the goal was originally recorded as a reminder that although the goal has not been achieved it has not been forgotten.
3. The goal is unreachable, no longer a priority for the parents, or no longer valid. If this is the case, put an asterix in the goal achieved column as a reminder that although the goal has not been achieved it no longer needs to be reviewed further.