



# Sustainability Goal-Setting Sheet

| Sustainability Component           | Key Questions   | Notes |
|------------------------------------|---|-------|
| <p><b>Time</b></p>                 | <p>When will sustainability start for you? Have this time period in mind as you think about the remaining components below.</p> <p>e.g., When staff change?<br/>When funding runs out?</p>                |       |
| <p><b>Individual practices</b></p> | <p>What new mobilization practices do you want to become the norm? Think about feasibility and what you realistically hope to sustain.</p> <p>e.g., All patients up for meals twice a day, every day.</p> |       |

|                                       |   |  |
|---------------------------------------|---|--|
| <p><b>Organization activities</b></p> | <p>What change strategies will continue to be delivered in the long-term?</p> <p>e.g., Educational sessions for new hires, posters on units, huddles, etc.</p>  |  |
| <p><b>Adaptability</b></p>            | <p>What aspects of your MOVE program can be modified in response to change? Plan ahead so that you can easily revise the format of your change strategies.</p> <p>e.g., If you lose existing resources to train new hires can your current materials easily be delivered through a train-the-trainer model?</p> |  |
| <p><b>Benefits</b></p>                | <p>What benefits will continue for patients and the health system?</p> <p>e.g., reduction in hospital length of stay, prevention of falls, etc.</p>   |  |