



SMART GOALS

Writing SMART goals helps to ensure that goals developed for therapy are specifically tailored to address the child and their family's needs.

Goals should be written in clear, concise language, and be easily understood by the reader.

The number of goals being worked on at any one time will depend on a range of factors including the child's ability, length of time the plan/goal is in place, and family circumstances. Consideration should be given to family circumstances and level of confidence when developing therapy goals, particularly if you (the therapist) expect the family to work on the same goals at home.

S – Specific

- Who will be involved? Client, family, teacher etc
- What functional behaviour/skill is the child/family going to do?
- Where - under what context/setting? (home, school, community, playground)
- A specific therapy goal should be easily understood by any person involved in delivering support to the family

M – Measurable

- A specific goal (see above) is easier to measure. Goals need to be measurable so that they can be evaluated at a set date to determine the level of progress
- Use a measurement system such as frequency (daily, three times per week) or percentage (80% of the time) – how often will the client/family do it?
- Think: How will the therapist and the family know that the goal is accomplished? How can we assist the child to understand/know that they are making progress?

A – Achievable

- Therapy goals should provide the 'just right' level of challenge. Goals are designed to challenge a child's abilities, whilst being realistic and attainable in the time therapy set
- Unrealistic or unattainable goals may frustrate all parties involved, and may lead to a negative view towards therapy
- Think: Is this goal possible given the client/family situation? Is this goal possible given the child/families skill set?

R – Relevant/Realistic

- Is the goal related to the goals identified by the clients funding body?
- Can the goal be achieved using the available resources?

T – Timely

- The time frame for goals often coincides with funding plan dates, unless the client is private paying
- Ensure the goal can be achieved within the allocated timeframe