

INTRODUCTION

PURPOSE

OT GOALS is a resource for occupational therapists working with school-age children (preschool through high school). It provides an efficient method for incorporating comprehensive, measurable therapeutic goals and objectives into the child's therapy report, treatment plan, and/or Individualized Education Program (IEP). It assists administrators, teachers, other professionals, and parents in clearly communicating the target behaviors to be improved through occupational therapy. The material systematically organizes long-term goals and their accompanying objectives; and it lists qualifiers that allow for individualization. *OT GOALS* is not a curriculum or cookbook, and it should not be used as such.

This manual also includes information on the following:

- Guide for developing additional goals and objectives.
- Functional definitions of common terms used within *OT GOALS*.
- Lists of methods, strategies, materials, individuals, and types of evaluations involved in implementing goals and objectives.
- Case studies.
- Discussion, in understandable terms, of the various service delivery models of pediatric occupational therapy.

OT GOALS AND CHILD DEVELOPMENT

OT GOALS is based upon four primary domains of child development which are of specific interest to occupational therapists. *Adaptive skill development*, the first domain, includes long-term goals that target sensory processing, perceptual motor skills, and self-care skills. *Gross motor skill development*, the second area, includes long-term goals on postural control, motor planning, bilateral motor coordination, and endurance. The third domain, *fine motor skill development*, includes long-term goals that address upper-extremity control, fine motor and graphomotor skills, and ocular motor control. The fourth domain, *personal-social skill development*, includes long-term goals that focus on work behavior and task orientation and coping skills.

Skill development within and across these domains follows a common sequence and time frame. Typically, development occurs from head to toe, from

proximal to distal and from gross to fine motor. However, children develop these skills at their own rates, with innate strengths and weaknesses. When delays are identified, occupational therapists must find and use the child's strengths to assist in remediating the delayed area.

OT GOALS is organized within a developmental framework. Each long-term goal area has been analyzed and broken into its subskills, reflected by the objectives. These objectives are specific, isolated skills measured through tasks and activities. The objectives are presented in a developmental sequence (as much as possible).

OT GOALS WITHIN YOUR PEDIATRIC SETTING

OT GOALS is meant to be used within a variety of pediatric settings, using a variety of occupational therapy service delivery models. These include direct service, monitoring, and consultation.

OT GOALS is based upon a working model that occupational therapy is a related service which aims to assist children to benefit from their special education programs. Thus, the long-term goals which may take a greater length of time to achieve are educationally based. If the educational base is inappropriate for your occupational therapy setting, long-term goals may be adjusted, new ones may be formulated, or other objectives substituted.

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