

# Fine Motor Goal bank

## Occupational Therapy Goals

Name: Luke Field Date of BIRTH: 22/09/23  
 Therapist: Laura Bradshaw Client needs: Fine motor skills  
 Goals started: September 2023 To be evaluated: January 2024

Long term goal	Baseline	Short term goal for this treatment block
To support Luke's overall fine motor skills.	Luke points using his middle finger.	Luke will point by touching his index finger (with remaining fingers flexed to palm) when pointing to pictures in a book.
To support Luke's finger dexterity.	Luke can maintain index finger extension for approximately 2 seconds.	Luke will hold index finger extension for 5 seconds when using an iPad.
To support Luke's grip strength.	Luke uses a palm to hold a pencil.	Luke will use a tripod grasp to hold a pencil.
To support Luke's in hand manipulation (rotation).	Luke can independently remove twist-off caps.	Luke will independently remove and replace twist-off caps.

\*Goals are considered achieved when consistently achieving at 80% accuracy in all activities, unless otherwise stated.

## SMART Goals must be:

**Specific, Measurable, Achievable, Reliable, Timely.**

Include all components in your goal, and customise to suit your writing style and suit your individual client.

Examples of all goal components below:



Adaptable goals + baselines included!

# Occupational Therapy Fine Motor Goals

**David Baud**



**Occupational Therapy Fine Motor Goals:**

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