

The most common type of goals in pediatrics are **RESTORATIVE, HABILITATIVE, AND PREVENTATIVE**



Restorative
Restore previous
occupational
performance



Habilitative
Teach new
occupational
performance skills



Preventative
Prevent
occupational
performance
deficits from
developing

RESTORATIVE GOALS

Written for those who have a decreased level of independence in performance areas often due to illness/injury. Written to reflect desired outcome in function.

Settings

Hospitals, rehab facilities, outpatient, home health, psych

Example

By discharge date, client will self-feed with supervision with $\frac{3}{4}$ trials in order to facilitate independence in ADLs.

HABILITATIVE GOALS

Written for teaching skills that have yet to be attained due to developmental delays. Often used with developmentally delayed children.

Settings

Pediatrics outpatient, pediatric inpatient, home health

Example

Client will roll from supine to prone with min pelvic facilitation $\frac{3}{4}$ trials to promote attainment of developmental milestones.

PREVENTATIVE GOALS

Written to assist clients at risk of developing problems.

Settings

Psych, ergonomics, school-based

Example

By next session, student will identify 3 coping strategies he used during at school when confrontation with classmates arose, in order to promote social participation.

SKILLED REASONS FOR THERAPY

- Auditory
- Visual
- Vestibular
- Proprioceptive
- Tactile
- Oral Processing
- Self-Regulation
- Social

AREAS OF DEVELOPMENT CAUSING CONCERN

- Ability to calm oneself
- Body awareness
- Eating/ Feeding
- Interpersonal Skills
- Play
- Self-Regulation/ Responsibility
- Sleeping
- Strength

Occupational Therapy Mental Health Goal Examples

Michal Rosen-Zvi



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