

# 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

**J Dewey**



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## **Table of Contents Occupational Therapy Mental Health Goal Examples**

1. Understanding the eBook Occupational Therapy Mental Health Goal Examples
  - The Rise of Digital Reading Occupational Therapy Mental Health Goal Examples
  - Advantages of eBooks Over Traditional Books
2. Identifying Occupational Therapy Mental Health Goal Examples
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Occupational Therapy Mental Health Goal Examples
  - User-Friendly Interface
4. Exploring eBook Recommendations from Occupational Therapy Mental Health Goal Examples
  - Personalized Recommendations
  - Occupational Therapy Mental Health Goal Examples User Reviews and Ratings
  - Occupational Therapy Mental Health Goal Examples and Bestseller Lists
5. Accessing Occupational Therapy Mental Health Goal Examples Free and Paid eBooks
  - Occupational Therapy Mental Health Goal Examples Public Domain eBooks
  - Occupational Therapy Mental Health Goal Examples eBook Subscription Services
  - Occupational Therapy Mental Health Goal Examples Budget-Friendly Options

6. Navigating Occupational Therapy Mental Health Goal Examples eBook Formats
  - ePub, PDF, MOBI, and More
  - Occupational Therapy Mental Health Goal Examples Compatibility with Devices
  - Occupational Therapy Mental Health Goal Examples Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Occupational Therapy Mental Health Goal Examples
  - Highlighting and Note-Taking Occupational Therapy Mental Health Goal Examples
  - Interactive Elements Occupational Therapy Mental Health Goal Examples
8. Staying Engaged with Occupational Therapy Mental Health Goal Examples
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Occupational Therapy Mental Health Goal Examples
9. Balancing eBooks and Physical Books Occupational Therapy Mental Health Goal Examples
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Occupational Therapy Mental Health Goal Examples
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Occupational Therapy Mental Health Goal Examples
  - Setting Reading Goals Occupational Therapy Mental Health Goal Examples
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Occupational Therapy Mental Health Goal Examples
  - Fact-Checking eBook Content of Occupational Therapy Mental Health Goal Examples
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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web tangier tæ'n'dʒɪər tan jeer arabic تَاجَة romanized Ṭanjah berber languages ⵜⴰⵏⴷⴰⵢⵔ romanized Ṭanja is a city in northwestern morocco on the coasts of the mediterranean sea and the atlantic ocean the city is the capital of the tanger tetouan al hoceima region as well as the tangier assilah prefecture of morocco

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web in fact tangier is home to around one million people nevertheless the best things to see in tangier are concentrated in just a few neighbourhoods which means you can easily explore on foot must visit places include the kasbah the medina 9 april 1947 square the great mosque and the famous café hafa