

# Fine Motor Goal bank

## Occupational Therapy Goals

Name: Luke Fields      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 (leaving remaining fingers flexed to palm) when pointing to pictures in a book.
To support Luke's finger dexterity.	Luke can manipulate index finger insertion for approximately 2 seconds.	Luke will hold index finger insertion for 5 seconds when using an iPad.
To support Luke's grasp stability.	Luke uses a palmist 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.

Current outcome and intervention      To be evaluated:

Adaptable  
 goals +  
 baselines  
 included!

## SMART Goals must be:

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

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

Examples of all goal components below:

Specific What will the client do exactly?	Measurable What accuracy are you aiming for?	Achievable Under what conditions will the goal be achieved?	Reliable Is the goal suitable for the client's needs?	Timely When will the goal be reviewed?
Point to pictures	80% of the time	At home	Goal must be set from a baseline	By Dec '24
Support 'mum'	7/10 trials	Task sheet	Ensure accurate assessment	By end of term
Produce all recognisable of single letter pictures	Consistently	Letter sheet	Write baseline on the therapy plan	By next annual review date
Use 5 new words	Out of 8 opportunities	Setting	Write baseline on the therapy plan	After 10 sessions
Understand at least 5 words	After 10 sessions	Context	This provides rationale for your goal	Across 2 consecutive weeks
Complete 7/10 steps of a machine routine	8/10 times	At school	Just baseline e.g. can remove function independently	By the end of term
<p>             Item will complete at least 7 steps of a machine routine              on 80% trials across 20 consecutive school days              at lunchtime              by the end of term           </p>				

# Occupational Therapy Fine Motor Goals

**Katrin Zwirgmaier**



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