



## Occupational Therapy- Goal Setting Tool

### How to Use:

1. Print, cut and laminate all pages of the document
2. Use either the parent rating prompt cards or the child self-reflection prompt cards within your goal setting session
3. Pick a task card and allow the child to self-reflect and rate their ability to complete each task by placing the task card next to one of the child self-reflection prompt cards (if working with the child).
4. Alternatively, when working with a parent, place the task cards next to the parent rating prompt cards. These cards are used best when utilising them for a functional assessment report.
5. Gather the cards that the child has rated himself as either "needs help" or "needs a lot of help with this task.
6. Allow the child to rate how important this task is for him using the motivation evaluation prompt cards.
7. Define goals collaboratively with the client based on the outcome and discussions of the assessment results.

# Occupational Therapy Goal Setting

**J Dewey**



## **Occupational Therapy Goal Setting:**

The book delves into Occupational Therapy Goal Setting. Occupational Therapy Goal Setting is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Occupational Therapy Goal Setting, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Occupational Therapy Goal Setting
    - Chapter 2: Essential Elements of Occupational Therapy Goal Setting
    - Chapter 3: Occupational Therapy Goal Setting in Everyday Life
    - Chapter 4: Occupational Therapy Goal Setting in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Occupational Therapy Goal Setting. The first chapter will explore what Occupational Therapy Goal Setting is, why Occupational Therapy Goal Setting is vital, and how to effectively learn about Occupational Therapy Goal Setting.
  3. In chapter 2, this book will delve into the foundational concepts of Occupational Therapy Goal Setting. The second chapter will elucidate the essential principles that need to be understood to grasp Occupational Therapy Goal Setting in its entirety.
  4. In chapter 3, the author will examine the practical applications of Occupational Therapy Goal Setting in daily life. The third chapter will showcase real-world examples of how Occupational Therapy Goal Setting can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Occupational Therapy Goal Setting in specific contexts. The fourth chapter will explore how Occupational Therapy Goal Setting is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Occupational Therapy Goal Setting. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Occupational Therapy Goal Setting.

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