

# 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 (palmar 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 measurement      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 (e.g. mealtime)	Goals must be set from a baseline	By Dec '24
Support 'mum'	7/10 trials	Task sheet (e.g. with a mum)	Ensure accurate assessment	By end of term
Produce all ingredients of orange juice	Consistently	Setting (e.g. speech session)	Write baseline on the therapy plan	By next annual review date
Use 5 new words	Out of 8 opportunities	Context (e.g. structured tasks)	Write baseline on the therapy plan	After 10 sessions
Understand at least 8 verbs	After 10 sessions	Goal (e.g. structured tasks)	This provides rationale for your goal	Across 2 consecutive weeks
Complete 7/10 steps of a machine routine	8/10 trials	At school lunchtime	Just baseline (e.g. can remove lunchbox independently)	By the end of term
Ben will complete at least 7 steps of a machine routine				
Ben will complete at least 20 consecutive school days at lunchtime				
By the end of term				

# Occupational Therapy Fine Motor Goals

**F Rizvi**



## **Occupational Therapy Fine Motor Goals:**

**Occupational Therapy Models for Intervention with Children and Families** Sandra Barker Dunbar, 2007 This textbook explores recent theoretical models that enable occupational therapists to practice and interact with families in a more holistic and occupation centered manner It offers the latest information on viewing the broader contexts of environment and family in order to meet diverse occupational needs in a range of settings The editor presents a variety of case scenarios that feature culturally diverse populations and varying diagnoses of children with occupational needs With contributions from 11 leaders in occupational therapy this comprehensive text is designed to increase awareness and understanding of theoretical models and their relationship to current occupational therapy practice with today s children and families Traditional frames of reference in pediatric practice are explored including sensory integration and neurodevelopmental treatment Some current theoretical models discussed include the Model of Human Occupation the Person Environment Occupation model the Ecology of Human Performance model and the Occupational Adaptation model The new Occupational Therapy Practice Framework is incorporated throughout the text Overall the textbook employs a practical approach to this significant aspect of pediatric practice in occupational therapy

*Hand Function in the Child* Anne Henderson, PhD, OTR, Charlane Pehoski, 2005-09-29 This comprehensive resource and clinical guide for students and practicing pediatric therapists features current information on the neurological foundations of hand skills the development of hand skills and intervention with children who have problems related to hand skills Covers foundation and development of hand skills therapeutic intervention and special problems and approaches Is readable concise and well organized with a consistent format throughout Integrates recent research findings and current thinking throughout the text Emphasizes neuroscience and the hand s sensory function and haptic perception Applies neuroscience and development frames of reference throughout Implications for practice included in each chapter Presents concepts in the foundation development chapters that are linked with the intervention chapters Seven new chapters reflect current practice in the field and cover cognition motor skills handedness fine motor program for preschoolers handwriting evaluation splinting the upper extremity of the child pediatric hand therapy and efficacy of interventions Extensively revised content throughout includes new research and theories new techniques current trends and new information sources 9 new contributors offer authoritative guidance in the field Over 200 new illustrations demonstrate important concepts with new clinical photographs and line drawings Over 50 new tables and boxes highlight important information An updated and expanded glossary defines key terms

**Preparing for the Occupational Therapy National Board Exam** Joseph Michael Pellerito, 2010-10-22 A comprehensive overview for occupational therapy students preparing to take the National Board for Certification in Occupational Therapy NBCOT exam Containing more than just study questions this comprehensive review guide is organized by domain areas and each subject is addressed according to the degree it is covered on the NBCOT examination

Corresponding workbook pages include specific references to occupational therapy curricula enabling additional exploration of content that is challenging or unfamiliar The companion CD ROM simulates online testing with multiple choice practice questions each providing evidence based rationale for why a particular answer is correct or incorrect The CD ROM includes over 100 test questions case studies and work sheets

**Occupational Therapy Examination Review Guide** Caryn R Johnson,Tina DeAngelis,Mary Muhlenhaupt,2015-05-27 Rely on the guide that has helped thousands of students pass their exams with exactly the practice they need The 4th Edition mirrors the latest NBCOT exam blueprint and the question formats multiple choice and simulation at the difficulty level and in the decision making style of the actual exam More than 1 000 questions in five practice exams help you identify your strengths and weaknesses while you improve your test taking performance

**Pediatric Skills for Occupational Therapy Assistants - E-Book** Jean W. Solomon,Jane Clifford O'Brien,2010-12-15 UNIQUE Demonstrates how concepts apply to practice with video clips on the Evolve website that exhibit pediatric clients involved in a variety of occupational therapy interventions UNIQUE Prepares you for new career opportunities with content on emerging practice areas such as community systems UNIQUE Offers new assessment and intervention strategies with the addition of content on Model of Human Occupation MOHO assessments and physical agent modalities PAMS Provides the latest information on current trends and issues such as childhood obesity documentation neurodevelopmental treatment NDT and concepts of elongation

**Introduction to Occupational Therapy- E-Book** Jane Clifford O'Brien,2017-01-31 NEW content on OT theory and practice includes the latest updates to the Occupational Therapy Practice Framework and OT Code of Ethics New coverage of the role of certified Occupational Therapy Assistants shows where OTAs are employed what licensure requirements they must meet and how they fit into the scope of OT practice NEW chapter on cultural competence provides the tools you need to work with culturally diverse clients in today s healthcare environment and includes case studies with examples of cultural competence and its impact on the practice of OT NEW Centennial Vision commentary provides a big picture view of today s occupational therapy and shows how OT is becoming a powerful widely recognized science driven and evidence based profession as it reaches the age of 100

Mosby's Q & A Review for the Occupational Therapy Board Examination - E-Book Patricia Bowyer,Dorothy P. Bethea,2007-03-27 This book CD ROM review package gives you the necessary tools you need to successfully prepare for the National Board for Occupational Therapy Certification Examination With this overall package you can study for the NBCOT certification exam and feel more confident you are prepared to take the test The text includes 800 multiple choice review questions written to parallel the content and format of the exam The accompanying CD with all 800 questions enables you to generate an unlimited number of practice tests to simulate the actual testing situation Questions focus on the Occupational Therapy Practice Framework OTPF as well as the results from the practice analysis completed by NBCOT Questions cross the spectrum of occupational therapy process evaluation intervention planning intervention service management and outcomes

of a variety of populations including pediatric mental health and adult physical and neurological conditions Practice environments such as the community school based and hospital based care are covered throughout Specific references for every question and a comprehensive list of resources are provided at the end of the book for further study Rationales for answer options are provided to explain why the correct answer is right and the other choices are wrong Provides information on the format of the NBCOT exam and tips for studying and answering test questions

The OTA's Guide to Writing SOAP Notes Sherry Borcharding, Marie J. Morreale, 2007 Written specifically for occupational therapy assistants The OTA's Guide to Writing SOAP Notes Second Edition is updated to include new features and information This valuable text contains the step by step instruction needed to learn the documentation required for reimbursement in occupational therapy With the current changes in healthcare proper documentation of client care is essential to meeting legal and ethical standards for reimbursement of services Written in an easy to read format this new edition by Sherry Borcharding and Marie J Morreale will continue to aid occupational therapy assistants in learning to write SOAP notes that will be reimbursable under Medicare Part B and managed care for different areas of clinical practice New Features in the Second Edition Incorporated throughout the text is the Occupational Therapy Practice Framework along with updated AOTA documents More examples of pediatrics hand therapy and mental health Updated and additional worksheets Review of grammar documentation mistakes Worksheets for deciphering physician orders as well as expanded worksheets for medical abbreviations Updated information on billing codes HIPAA management of health information medical records and electronic documentation Expanded information on the OT process for the OTA to fully understand documentation and the OTA's role in all stages of treatment including referral evaluation intervention plan and discharge Documentation of physical agent modalities With reorganized and shorter chapters The OTA's Guide to Writing SOAP Notes Second Edition is the essential text to providing instruction in writing SOAP notes specifically aimed at the OTA practitioner and student This exceptional edition offers both the necessary instruction and multiple opportunities to practice as skills are built on each other in a logical manner Templates are provided for beginning students to use in formatting SOAP notes and the task of documentation is broken down into small units to make learning easier A detachable summary sheet is included that can be pulled out and carried to clinical sites as a reminder of the necessary contents for a SOAP note Updated information expanded discussions and reorganized learning tools make The OTA's Guide to Writing SOAP Notes Second Edition a must have for all occupational therapy assistant students This text is the essential resource needed to master professional documentation skills in today's healthcare environment

**Fieldwork Educator's Guide to Level I Fieldwork** Debra Hanson, Elizabeth DeJuliis, 2024-06-01 A new resource for occupational therapy academic fieldwork coordinators and fieldwork educators Fieldwork Educator's Guide to Level I Fieldwork is a practical guide for faculty and clinicians to design and implement Level I fieldwork experiences for occupational therapy and occupational therapy assistant students Fieldwork Educator's Guide to Level I Fieldwork was

designed to address the challenges of integrating Level I fieldwork with classroom learning experiences. Expansive and versatile, the book meets the recently expanded definition of Level I fieldwork according to the 2018 Accreditation Council for Occupational Therapy Education standards, including faculty-led experiences, standardized patients, simulation, and supervision by a fieldwork educator in a practice environment. Each unit of the text builds upon the previous unit. The first unit provides fundamental knowledge on experiential learning and includes an orientation to the purpose of Level I fieldwork in occupational therapy. Building on this foundation, the second unit equips the reader with resources to develop a Level I fieldwork learning plan suitable for their setting. The final units focus on situational scenarios that emerge during Level I fieldwork placements and provide a framework for assessing student learning during Level I fieldwork. While each chapter is designed to build upon one another, they also can be used as stand-alone resources depending on the needs of the reader.

What is included in *Fieldwork Educator's Guide to Level I Fieldwork*?

Up-to-date terminology  
Experiential learning frameworks and models in diverse contexts, including role emerging and simulation  
Strategies for addressing anxiety and student stress management and supporting students with disabilities  
Models to support clinical reasoning development during Level I fieldwork  
Mechanisms to foster student professional development and communication skills

Be sure to also look into the successive textbook *Fieldwork Educator's Guide to Level II Fieldwork*, which was designed in tandem with this book to be a progressive resource that exclusively focuses on Level II fieldwork.

Willard and Spackman's Occupational Therapy  
Glen Gillen, Catana Brown, 2023-07-20

A foundational book for use from the classroom to fieldwork and throughout practice, *Willard Spackman's Occupational Therapy* 14th Edition remains the must-have resource for the Occupational Therapy profession. This cornerstone of OT and OTA education offers students a practical, comprehensive overview of the many theories and facets of OT care, while its status as one of the top texts informing the NBCOT certification exam makes it an essential volume for new practitioners. The updated 14th edition presents a more realistic and inclusive focus of occupational therapy as a world-wide approach to enhancing occupational performance, participation, and quality of life. It aims to help today's students and clinicians around the world focus on the pursuit of fair treatment, access, opportunity, and advancement for all while striving to identify and eliminate barriers that prevent full participation.

**Treating NVLD in Children**  
Jessica Broitman, John M. Davis, 2013-03-14

Children with nonverbal learning disabilities (NVLD) have needs that can take many forms and may over time require consultation and collaboration with professionals from several fields. Given that multiple specialists may be involved in working with children with NVLD, as well as the array of treatment variables, even seasoned practitioners may find themselves in confusing situations. *Treating NVLD in Children* takes a developmental view of how the problems and needs of young people with nonverbal learning disabilities evolve and offers a concise guide for professionals who are likely to contribute to treatment. Expert practitioners across specialties in psychology, education, and rehabilitative therapy explain their roles in treatment, the decisions they are called on to make, and their interactions with

other professionals Collaborative interventions and teamwork are emphasized as are transitions to higher learning employment and the adult world Among the book s key features are A new four subtype model of NVLD with supporting research A brief guide to assessment transmitting results and treatment planning Chapters detailing the work of psychologists therapists coaches and others in helping children with NVLD Material specific to improving reading writing and mathematics Overview of issues in emotional competency and independent living An instructive personal account of growing up with NVLD Treating NVLD in Children Professional Collaborations for Positive Outcomes is a key resource for a wide range of professionals working with children including school and clinical child psychologists educational psychologists and therapists pediatricians social workers and school counselors speech and language therapists child and adolescent psychiatrists and marriage and family therapists

Willard and Spackman's Occupational Therapy Barbara A. Schell, Glen Gillen, Marjorie Scaffa, Ellen S. Cohn, 2013-03-08 Willard and Spackman s Occupational Therapy Twelfth Edition continues in the tradition of excellent coverage of critical concepts and practices that have long made this text the leading resource for Occupational Therapy students Students using this text will learn how to apply client centered occupational evidence based approach across the full spectrum of practice settings Peppered with first person narratives which offer a unique perspective on the lives of those living with disease this new edition has been fully updated with a visually enticing full color design and even more photos and illustrations Vital pedagogical features including case studies Practice Dilemmas and Provocative questions help position students in the real world of occupational therapy practice to help prepare them to react appropriately

Working with Teachers and Other Support Staff for Inclusive Education Dianne Chambers, Chris Forlin, 2015-01-30 Volume 4 in this series investigates ways that staff can work effectively with Teaching Assistants and other support staff when implementing inclusive educational practices in schools Consideration is given to the perspectives of a variety of stakeholders

**Pedretti's Occupational Therapy - E-Book** Heidi McHugh Pendleton, Winifred Schultz-Krohn, 2017-03-10 NEW Coverage of the Occupational Therapy Practice Framework OTPF 3 increases your understanding of the OTPF 3 and its relationship to the practice of occupational therapy with adults who have physical disabilities NEW All new section on the therapeutic use of self which the OTPF lists as the single most important line of intervention occupational therapists can provide NEW Chapter on hospice and palliative care presents the evidence base for hospice and palliative care occupational therapy describes the role of the occupational therapist with this population within the parameters of the third edition of the Occupational Therapy Practice Framework OTPF 3 and recommends clinician self care strategies to support ongoing quality care UPDATED Completely revised Spinal Cord Injury chapter addresses restoration of available musculature self care independent living skills short and long term equipment needs environmental accessibility and educational work and leisure activities It looks at how the occupational therapist offers emotional support and intervention during every phase of the rehabilitation program UPDATED Completely revised chapter on low back pain

discusses topics that are critical for the occupational therapist including anatomy client evaluation interventions areas client centered occupational therapy analysis and intervention strategies for frequently impacted occupations UPDATED Revised Special Needs of the Older Adult chapter now utilizes a top down approach starting with wellness and productive aging then moving to occupation and participation in meaningful activity and finally highlighting body functions and structures which have the potential to physiologically decline as a person ages NEW and EXPANDED Additional section in the Orthotics chapter looks at the increasing array of orthotic devices available in today s marketplace such as robot assisted therapy to support the weak upper extremity UPDATED Revised chapters on joint range of motion and evaluation of muscle strength include new full color photos to better illustrate how to perform these key procedures EXPANDED New information in the Burns and Burn Rehabilitation chapter including expanded discussions on keloid scars silver infused dressings biosynthetic products the reconstructive phase of rehabilitation and patient education UPDATED and EXPANDED Significantly updated chapter on amputations and prosthetics includes the addition of a new threaded case study on Daniel a 19 year old combat engineer in the United States Army who suffered the traumatic amputation of his non dominant left upper extremity below the elbow

*Strategies for Inclusion* Lauren J. Lieberman, Cathy Houston-Wilson, 2017-08-30 Transitioning students with disabilities into inclusive physical education environments is an important and sometimes challenging task But *Strategies for Inclusion* Third Edition makes that transition much smoother and better for all parties involved Lots of New Resources and Material The latest edition of this popular adapted physical education text will empower you with the information and tools necessary to successfully include students with disabilities in your program *Strategies for Inclusion* reflects the latest research and legislation so you can be sure that your program is not only successful but also compliant with the goals and requirements of the Individuals with Disabilities Education Improvement Act The text has retained and updated its instruction on assessing students making placement decisions developing and implementing individualized education plans IEPs and more And it offers this completely new material A new chapter on the referral eligibility and placement process covering the nine steps required by law A new chapter on transition planning and how you can help students integrate into their communities after leaving school A new section on Paralympic sports and how they can be infused into your curriculum New material on functional behavioral assessments behavior intervention plans leadership opportunities training techniques for peer tutors and paraeducators and more A new inclusion rating scale that will help you rate how inclusive your classes are and show you areas for improvement A new web resource with numerous useful tools More than double the number of teaching units 38 units up from 17 giving you more options for inclusion The new web resource offers fillable digital versions of all the modification checklists and rubrics in the book You can save materials in order to build an IEP for each student You can also access the materials on a mobile device to use them in the classroom or gym In addition the web resource has an interactive inclusion rating scale that allows you or an administrator to assess how you are doing at including all students in



class activities This handy tool calculates your total rating as you fill in the form Finally the web resource directs you to high quality adaptation information available elsewhere online Book Organization and Content The text is split into two parts Part I provides foundational information and a roadmap for how to successfully include children with disabilities in traditional PE settings Topics in this part include legislative issues roles and responsibilities of the teacher effective assessment techniques the eight step placement process and the teacher s role in the IEP process Part I also explores how to manage student behavior make adaptations to promote universal design for learning work with support personnel and plan for transition Part II offers 38 teachable units a sizable leap from the previous edition s 17 complete with assessment tools for curriculum planning Here you will learn specific strategies for inclusion as you use a step by step implementation guide for 14 elementary units 11 sport units 8 recreation units and 5 fitness units all with potential modifications Adaptations are categorized by environment equipment instruction and rules Each unit s assessment rubric has quantitative and qualitative measures of skill level And you ll find ideas in each unit on how to incorporate IEP objectives that may not be part of the general PE class objectives A Complete Resource for Inclusion Strategies for Inclusion offers you the most up to date and useful strategies to include children with disabilities in your physical education activities Its practical applications and easy to implement planning and assessment strategies make this a complete resource that you can use to empower all students with the knowledge that they can enjoy the full range of benefits that physical activity offers **Case-Smith's**

**Occupational Therapy for Children and Adolescents - E-Book** Jane Clifford O'Brien, Heather Kuhaneck, 2019-09-26  
Selected for Doody s Core Titles 2024 with Essential Purchase designation in Occupational Therapy The number one book in pediatric OT is back Focusing on children from infancy to adolescence Case Smith s Occupational Therapy for Children and Adolescents 8th Edition provides comprehensive full color coverage of pediatric conditions and treatment techniques in all settings Its emphasis on application of evidence based practice includes eight new chapters a focus on clinical reasoning updated references research notes and explanations of the evidentiary basis for specific interventions Coverage of new research and theories new techniques and current trends with additional case studies keeps you in step with the latest advances in the field Developmental milestone tables serve as a quick reference throughout the book Full color contemporary design throughout text includes high quality photos and illustrations Case based video clips on the Evolve website demonstrate important concepts and rehabilitation techniques Research Notes boxes and evidence based summary tables help you learn to interpret evidence and strengthen clinical decision making skills Coverage of OT for children from infancy through adolescence includes the latest research techniques and trends Case studies help you apply concepts to actual situations you may encounter in practice Learning objectives indicate what you will be learning in each chapter and serve as checkpoints when studying for examinations A glossary makes it easy for you to look up key terms NEW Eight completely new chapters cover Theory and Practice Models for Occupational Therapy With Children Development of Occupations and

Skills From Infancy Through Adolescence Therapeutic Use of Self Observational Assessment and Activity Analysis Evaluation Interpretation and Goal Writing Documenting Outcomes Neonatal Intensive Care Unit and Vision Impairment NEW A focus on theory and principles Practice Models promote clinical reasoning NEW Emphasis on application of theory and frames of reference in practice appear throughout chapters in book NEW Developmental milestone tables serve as quick reference guides NEW Online materials included to help facilitate your understanding of what s covered in the text NEW Textbook is organized into six sections to fully describe the occupational therapy process and follow OTPF **Stroke Rehabilitation -**

**E-Book** Glen Gillen,2010-10-25 Three new chapters broaden your understanding of stroke intervention in the areas of Using Technology to Improve Limb Function Managing Speech and Language Deficits after Stroke and Parenting after Stroke Learning activities and interactive references on a companion Evolve Resources website help you review textbook content and locate additional information *Occupational Analysis and Group Process* Jane Clifford O'Brien,Jean W.

Solomon,2014-04-14 Get the best instruction on occupational analysis group process and therapeutic media all from one book Using a matter of fact style to share their experiences successes and failures expert authors Jane Clifford O'Brien and Jean W Solomon provide you with effective therapeutic media sample activity analyses useful in current health care contexts practical guidance in play leisure and social participation areas of occupation strategies for effective group management and processes and overviews of theories supporting best practice Comprehensive content covers the material taught in group process and occupational analysis courses thoroughly and completely for the OTA Logically organized content that s written in a matter of fact style helps you better understand and retain information Clinical pearls emphasize the practical application of the information Therapeutic Media are tried and true methods pulled from the author s extensive experience

Preparing for The Occupational Therapy Assistant National Board Exam: 45 Days and Counting

Dizazzo-Miller,2017-08-30 Preparing for the Occupational Therapy Assistant Board Exam 45 Days and Counting provides a comprehensive overview for occupational therapy assistant students preparing to take the Certified Occupational Therapy Assistant COTA exam Each new print copy includes Navigate 2 Preferred Access that unlocks a complete eBook Study Center Homework and Assessment Center Navigate 2 TestPrep with over 500 practice questions *Developmental Delay in*

*Children* Dr. Spineanu Eugenia,2025-03-12 Dive into the intricate landscape of childhood development with our comprehensive treatise Understanding and Supporting Children with Developmental Delay Explore the multifaceted dimensions of developmental delay from its neurological underpinnings to its impact on cognitive motor and social emotional domains Delve into the latest research on etiology diagnostic criteria and assessment tools gaining insights into effective intervention strategies and treatment options From genetic syndromes to environmental influences discover the myriad factors influencing prognosis and outcomes With a holistic approach encompassing medical educational and psychosocial interventions this treatise equips caregivers healthcare professionals and educators with the knowledge and tools needed to

optimize the well being and developmental trajectory of children facing developmental challenges Embark on a journey of understanding empowerment and support as we navigate the complexities of developmental delay together

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## Occupational Therapy Fine Motor Goals Introduction

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







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