

Physical Therapy Patient Goals – Examples

IFSP: 01/01/07

Age: 2 years old

Long Term Goal(s) with target date for goal achievement:

Johnny will become more independent in his movement skills in a standing position so that he can move within his environment and interact with his family by 01/01/08.

Short Term Goals with target date for goal achievement:

*(short term goals must work toward the long term goals)

- Johnny will be able to sit by himself and start pulling up to a variety of surfaces 3 of 4 trials by 03/30/07
- Johnny will cruise along a variety of surfaces and along gaps with minimal falls by 05/31/07
- Johnny will move forward in a standing position with moderate assistance by 06/30/07
- Johnny will get on and off of a raised surface by himself by 09/30/07
- Johnny will move forward in a standing position with minimal assistance by 11/30/07

Occupational Therapy Patient Goals - Examples

IFSP: 01/01/07

Age: 2 year old, 10 months

Long Term Goal(s) with target date for goal achievement:

Sandy will improve her motor skills to help with bilateral hand use, self help and play skills by 01/01/08.

Short Term Goals with target date for goal achievement:

*(short term goals must work toward the long term goals)

- Sandy will copy simple strokes and block designs 60% of trials attempted by 02/28/07
- Sandy will stack blocks and complete a three piece puzzle 2 of 3 trials by 04/30/07
- Sandy will point toward five familiar body parts by 04/30/07
- Sandy will follow familiar single directions 70% of trials by 06/30/07
- Sandy will complete two handed tasks such as opening a plastic jar, catching a ball, and playing a toy piano with minimal assistance by 08/31/07
- Sandy will complete wheelbarrow walk 2 to 3 feet by 11/15/07

Speech Language Therapy Patient Goals - Examples

IFSP: 01/01/07

Age: 1 ½ year old

Long Term Goal(s) with target date for goal achievement:

- Amanda will be able to understand and use basic signs and words in order to interact with her family and environment by 01/01/08.
- Amanda will develop increased verbalization to assist with development of basic play skills by 01/01/08.

Short Term Goals with target date for goal achievement:

*(short term goals must work toward the long term goals)

- Amanda will understand simple verbal requests (i.e.: “come here”, “wave bye-bye”) by 02/28/07
- Amanda will understand the names of her family and look for them by 02/28/07
- Amanda will use five to ten signs or words by 03/31/07
- Amanda will turn toward sounds and voices 75% of the time by 03/31/07
- Amanda will be able to retrieve her sippy cup when asked 2 out of 3 trials by 05/31/07
- Amanda will copy one and two syllable words, animal and play sounds 2 out of 3 trials by 07/31/07
- Amanda will follow simple, single directions with and without gestures by 09/30/07
- Amanda will recognize name of objects and retrieve them when asked by 11/30/07