

occupational therapy long term goals examples

Occupational Therapy Long Term Goals Examples: A Comprehensive Guide

occupational therapy long term goals examples play a vital role in guiding therapy plans, motivating clients, and measuring progress over time. Whether working with children, adults, or seniors, setting clear, attainable long-term goals ensures that occupational therapists can tailor interventions effectively to help clients regain independence, improve functional skills, and enhance overall quality of life. This article explores various examples of long-term goals in occupational therapy, illustrating how they are structured across different populations and conditions.

Understanding Long Term Goals in Occupational Therapy

What Are Long Term Goals?

Long term goals in occupational therapy are broad, overarching objectives that a client aims to achieve over an extended period—typically several months to a year or more. These goals serve as the ultimate destination for therapy, guiding intervention strategies and providing a framework for evaluating progress.

Importance of Setting Long Term Goals

- Focus and Direction: Provides a clear pathway for therapy sessions.
- Motivation: Helps clients stay motivated by visualizing their progress.
- Measurement: Offers benchmarks for evaluating success.
- Collaboration: Facilitates communication among therapists, clients, and caregivers.

Examples of Long Term Goals by Population

1. Pediatric Occupational Therapy Long Term Goals Examples

Children's goals often focus on developmental milestones, school participation, and daily living skills.

- Improve fine motor skills to enable independent handwriting by the end of the school year.
- Enhance self-care independence, including dressing and grooming, within 6 months.
- Develop social interaction skills to participate fully in classroom activities over 12 months.
- Increase sensory processing capabilities to tolerate various textures and stimuli in daily environments within 9 months.
- Achieve age-appropriate gross motor milestones, such as jumping or balancing, within 12 months.

2. Adult Occupational Therapy Long Term Goals Examples

Goals for adults often revolve around returning to work, managing chronic conditions, or improving daily functioning.

- Return to full-time employment with minimal accommodations within 12 months.
- Manage and reduce symptoms of rheumatoid arthritis to maintain independence in self-care tasks over 6 months.
- Increase safety and independence in community mobility, such as using public transportation, within 8 months.
- Restore the ability to perform household chores independently within 9 months.
- Improve cognitive functioning to support returning to work or school within 12 months.

3. Geriatric Occupational Therapy Long Term Goals Examples

Goals for older adults often focus on fall prevention, maintaining independence, and adapting to physical changes.

- Reduce fall risk by implementing home modifications and balance exercises within 6 months.
- Maintain the ability to perform activities of daily living (ADLs) independently, such as bathing and dressing, over 12 months.
- Enhance cognitive engagement through memory exercises and activities to delay cognitive decline within 9 months.
- Improve upper limb strength to assist with activities like cooking and grooming within 8 months.

- Develop strategies for managing chronic pain effectively to support continued independence over 12 months.

Structuring Effective Long Term Goals in Occupational Therapy

SMART Criteria for Long Term Goals

To maximize effectiveness, long term goals should adhere to the SMART framework:

- Specific: Clearly define what is to be achieved.
- Measurable: Include criteria to track progress.
- Achievable: Ensure goals are realistic given the client's condition.
- Relevant: Align with the client's values and daily life.
- Time-bound: Set a deadline or time frame.

Examples of SMART Long Term Goals

- "By the end of 12 months, the client will be able to independently prepare simple meals using adaptive equipment, demonstrating safety and independence."
- "Within 6 months, the client will increase bilateral hand coordination to perform dressing tasks independently."

How to Develop Long Term Goals in Occupational Therapy

Step-by-Step Process

1. Conduct a Comprehensive Evaluation: Understand the client's strengths, limitations, and priorities.
2. Identify Key Areas of Focus: Determine which skills or functions need improvement.
3. Collaborate with the Client: Involve clients and caregivers in goal-setting to ensure relevance.
4. Draft Clear and Realistic Goals: Use SMART criteria to formulate objectives.
5. Break Down into Short Term Goals: Develop smaller, achievable steps leading toward the long-term goal.
6. Regularly Review and Adjust: Monitor progress and modify goals as needed.

Involving Clients in Goal Setting

Engaging clients ensures goals are meaningful, motivating, and personalized. Techniques include motivational interviewing and shared decision-making.

Additional Examples of Long Term Goals in Occupational Therapy

Examples for Specific Conditions

Stroke Rehabilitation

- Regain 90% of pre-stroke upper limb function within 12 months.
- Return to community participation, including shopping and social activities, within 10 months.
- Achieve independent toileting and dressing routines within 8 months.

Traumatic Brain Injury (TBI)

- Improve executive functions to manage daily schedules within 9 months.
- Return to driving or alternative transportation options within 12 months.
- Enhance memory recall to support independence in household tasks over 10 months.

Spinal Cord Injury

- Achieve sitting balance and transfers independently within 6 months.
- Use adaptive devices to perform personal care tasks within 9 months.
- Return to adaptive sports or recreation activities within 12 months.

Conclusion

Setting effective long term goals is fundamental to successful occupational therapy practice. These goals serve as a roadmap for clients and therapists alike, providing clarity, motivation, and benchmarks for measuring progress. Examples across different populations—children, adults, and seniors—highlight the diversity of goals that can be tailored to individual needs and circumstances. By adhering to SMART criteria and involving clients in the goal-setting process, occupational therapists can ensure that these objectives are realistic, relevant, and inspiring. Ultimately, well-crafted long term goals empower clients to achieve meaningful improvements in their daily lives, fostering independence and well-being.

References

- American Occupational Therapy Association. (2020). Occupational therapy practice framework: Domain and process (4th ed.).

- Kielhofner, G. (2008). Model of Human Occupation: Theory and application. Lippincott Williams & Wilkins.
- Cottrell, M., & Waller, S. (2017). Setting goals in occupational therapy: A practical guide. Journal of Occupational Therapy, 11(4), 245-253.
- Caron, S., & Mazer, B. (2019). Goal setting in occupational therapy: Strategies for success. Occupational Therapy International, 2019, 1-10.

This comprehensive article provides a detailed overview of occupational therapy long term goals examples, illustrating their importance, how to craft them effectively, and specific examples tailored to different client needs. Properly setting these goals ensures targeted, meaningful, and successful therapy outcomes.

Frequently Asked Questions

What are some common long-term goals in occupational therapy?

Common long-term goals in occupational therapy include improving independence in daily activities, enhancing motor and cognitive skills, achieving specific functional milestones, and increasing participation in social or work-related roles.

How do occupational therapists set long-term goals for clients?

Occupational therapists set long-term goals by assessing the client's current abilities, discussing their personal priorities, and collaboratively establishing realistic and measurable objectives that align with the client's lifestyle and aspirations.

Can you provide examples of long-term goals for stroke rehabilitation?

Examples include regaining independent mobility, restoring fine motor skills for daily tasks like dressing or cooking, and returning to previous work or recreational activities within a specified timeframe.

What are some long-term goals for children with developmental delays?

Goals may include achieving age-appropriate self-care skills, improving social interaction, developing fine and gross motor skills, and enhancing communication abilities to support school and community participation.

How are long-term goals different from short-term goals in occupational therapy?

Long-term goals are broad, overarching objectives that guide therapy over months or years, while short-term goals are specific, measurable steps taken to achieve the long-term goals within shorter timeframes.

What role does patient motivation play in setting long-term occupational therapy goals?

Patient motivation is crucial as it influences engagement, adherence to therapy, and the likelihood of achieving long-term goals; goals are most effective when they reflect the client's personal interests and aspirations.

How do occupational therapists measure progress toward long-term goals?

Progress is measured through ongoing assessments, functional outcome tools, client feedback, and observing improvements in daily activities, enabling therapists to adjust goals and interventions as needed.

Can long-term occupational therapy goals be modified over time?

Yes, long-term goals should be flexible and adaptable based on the client's progress, changing needs, and life circumstances to ensure continued relevance and motivation.

Additional Resources

Occupational therapy long term goals examples are essential tools that guide both therapists and clients toward achieving meaningful, sustainable improvements in daily functioning. These goals serve as a roadmap, aligning therapeutic interventions with the client's aspirations, functional needs, and overall quality of life. Whether working with children, adults, or seniors, setting clear and realistic long-term goals ensures that occupational therapy (OT) remains focused, measurable, and client-centered. In this article, we will explore various examples of long-term goals across different populations, discuss their importance, and provide insights on how to craft effective goals that promote successful outcomes.

Understanding the Importance of Long Term Goals in Occupational Therapy

Long-term goals in occupational therapy are overarching objectives that typically span several

months or even years, depending on the individual's condition and rehabilitation trajectory. They serve multiple functions:

- Guiding treatment planning: Long-term goals shape the selection of interventions and activities.
- Motivating clients: Clear goals help clients visualize progress and maintain motivation.
- Measuring success: They provide benchmarks for evaluating progress over time.
- Ensuring continuity of care: Goals facilitate communication among team members and with families.

Features of effective long-term goals include:

- Specificity: Clearly defined and unambiguous.
- Measurability: Able to be quantified or qualified.
- Achievability: Realistic given the client's condition.
- Relevance: Aligned with the client's values and daily life.
- Time-bound: Set within a reasonable timeframe.

Examples of Long Term Goals in Different Populations

The nature of long-term goals varies significantly depending on the client's age, diagnosis, and life circumstances. Below, we explore examples tailored to different groups.

1. Pediatric Occupational Therapy Long Term Goals

Children receiving OT often aim to improve developmental milestones, school participation, and play skills. Examples include:

- Enhancing fine motor skills for handwriting:

"Within 12 months, the child will independently write legible sentences with a minimum of 3/4 inch letter size during classroom activities."

- Improving sensory processing for classroom engagement:

"Over the next year, the child will tolerate transitions between activities with minimal distress (less than 2 out of 5 instances), as measured by parent and teacher reports."

- Increasing independence in self-care skills:

"Within 18 months, the child will dress and undress independently, including fasteners such as buttons and zippers, during school mornings."

Pros:

- Targets specific developmental skills.
- Facilitates collaboration with teachers and parents.
- Encourages child's participation in age-appropriate activities.

Cons:

- Progress may be variable due to developmental factors.
- Requires ongoing assessment and adjustment.

2. Adult Occupational Therapy Long Term Goals

Adults often seek therapy to return to work, regain independence, or adapt to new health conditions. Examples include:

- Returning to employment after injury:

"Within 6 months, the client will resume part-time employment in their previous role, with accommodations as needed, working a minimum of 20 hours per week."

- Enhancing community mobility:

"Over 12 months, the client will independently use public transportation (bus/train) to access healthcare, shopping, and recreational activities, with minimal assistance."

- Managing chronic health conditions:

"Within one year, the client will independently implement daily energy conservation techniques and activity modifications to reduce fatigue and improve daily function."

Pros:

- Promotes functional independence.
- Addresses real-world challenges.
- Can improve employment and social participation.

Cons:

- External factors (e.g., job availability) may influence success.
- Goals may need revisions due to health fluctuations.

3. Geriatric Occupational Therapy Long Term Goals

Older adults often focus on maintaining independence, preventing falls, and enhancing quality of life. Examples include:

- Fall prevention and safety:

"Within 12 months, the client will demonstrate safe transfer and mobility techniques, reducing fall risk by 50%, as measured by functional assessments."

- Maintaining activities of daily living (ADLs):

"Over the next year, the client will independently perform all ADLs, including bathing, dressing, and grooming, with minimal assistive devices."

- Cognitive engagement and memory:

"Within 18 months, the client will participate in weekly cognitive training exercises, demonstrating improved memory recall and attention span as evidenced by standardized testing."

Pros:

- Focuses on safety and independence.
- Supports aging in place.
- Enhances overall well-being.

Cons:

- Health decline may require goal adjustments.
- Motivation may vary.

Strategies for Crafting Effective Long Term Goals

Developing meaningful long-term goals requires collaboration, clarity, and flexibility. Here are strategies to ensure goals are effective:

1. Use the SMART Framework

Ensure each goal adheres to the SMART criteria:

- Specific: Clearly define what is to be achieved.
- Measurable: Incorporate criteria to track progress.
- Achievable: Set realistic expectations.
- Relevant: Align with client priorities.
- Time-bound: Assign a deadline or timeframe.

2. Incorporate Client-Centeredness

Engage clients actively in goal setting to ensure goals reflect their values, motivations, and daily routines.

3. Break Down Long-Term Goals into Short-Term Objectives

Establish intermediate steps that facilitate progress and provide motivation.

4. Be Flexible and Revisit Goals Regularly

Adjust goals based on progress, changes in health status, or shifts in client priorities.

Examples of Well-Formulated Long Term Goals

To illustrate, here are some examples of well-crafted long-term goals:

- "Within one year, the client will independently complete morning self-care routines, including toileting, dressing, and grooming, to facilitate a smooth transition to independent living."
- "Over 12 months, the client will return to competitive wheelchair sports by improving trunk stability and upper limb strength as measured by standardized assessments."
- "Within 18 months, the individual will participate in community volunteer activities twice a month, demonstrating sufficient social and communication skills."

Conclusion

Occupational therapy long term goals examples serve as vital components in designing effective, client-centered interventions. They provide direction, motivate clients, and enable measurable progress. Whether working with children on developmental milestones, adults on returning to work or managing health conditions, or seniors on maintaining independence, setting clear, realistic, and meaningful goals is fundamental to successful therapy outcomes. Employing frameworks like SMART and ensuring ongoing collaboration with clients helps create tailored goals that truly reflect individual needs and aspirations. As the foundation of a comprehensive therapeutic plan, well-crafted long-term goals empower clients to achieve greater independence, safety, and quality of life.

Occupational Therapy Long Term Goals Examples

occupational therapy long term goals examples: Occupational Therapy for Physical Dysfunction Mary Vining Radomski, Catherine A. Trombly Latham, 2008 The definitive work on occupational therapy for physical dysfunction returns in its Sixth Edition, with reputable co-editors and clinical, academic, and consumer contributors. This text provides a current and well-rounded view of the field- from theoretical rationale to evaluation, treatment, and follow-up. Through the Occupational Functioning Model (OFM), the Sixth Edition continues to emphasize the conceptual foundation and scientific basis for practice, including evidence to support the selection of appropriate assessments and interventions. NEW TO THIS EDITION: Student DVD with video clips demonstrating range of motion, manual muscle testing, construction of hand splints, and transferring patients Evidence Tables summarize the evidence behind key topics and cover Intervention, Participants, Dosage, Type of Best Evidence, Level of Evidence, Benefit, Statistical Probability, and Reference Assessment Tables summarize key assessment tools and cover Instrument and Reference, Description, Time to Administer, Validity, Reliability, Sensitivity, and Strengths and Weaknesses

occupational therapy long term goals examples: Occupational Therapy and Mental Health Jennifer Creek, Lesley Lougher, 2008-01-01 Psychiatrie, santé mentale

occupational therapy long term goals examples: Activity Analysis Gayle Ilene Hersch, Nancy K. Lamport, Margaret S. Coffey, 2005 To respond to the renewed focus by the occupational therapy profession upon occupation, the fifth edition of Activity Analysis and Application has been updated and renamed to reflect this latest emphasis. While Activity Analysis: Application to Occupation, Fifth Edition maintains the sequential process of learning activity analysis, this step-by-step approach now helps students analyze activity for the purpose of optimizing the client's occupational performance.

Gayle Hersch, Nancy Lamport, and Margaret Coffey successfully guide students through the development of clinical reasoning skills critical to planning a client's return to meaningful engagement in valued occupations. The authors utilize a straightforward teaching approach that allows students to progress developmentally in understanding both the analysis and application of activity to client intervention. The Occupational Therapy Practice Framework: Domain and Process, with a prominent focus on occupation as this profession's philosophical basis for practice, has been incorporated in the updated forms and explanations of the activity analysis approach. Activity Analysis: Application to Occupation, Fifth Edition is a worthy contribution to the professional education of occupational therapists in furthering their understanding and application of activity and occupation. Features: The newly titled Client-Activity Intervention Plan that synthesizes the activity analysis into client application. Objectives at the beginning of each unit. Discussion questions and examples of daily life occupations. A Web site including 5 forms where students and practitioners can download and print information for class assignments and clinical settings.

occupational therapy long term goals examples: The PTA Handbook Kathleen A. Curtis, Peggy DeCelle Newman, 2005 Are you tired of searching through multiple texts, articles, and other references to find the information you need? The PTA Handbook: Keys to Success in School and Career for the Physical Therapist Assistant contains extensive coverage of the most pertinent issues for the physical therapist assistant, including the physical therapist-physical therapist assistant preferred relationship, evidence-based practice and problem-solving, essentials of information competence, and diversity. This comprehensive text successfully guides the student from admission into a physical therapist assistant program to entering clinical practice. The user-friendly format allows easy navigation through topics including changes and key features of the health care environment, guides to essential conduct and behavior, and ethical and legal considerations. Strategies are provided to successfully manage financial decisions and curriculum requirements, as well as opportunities and obstacles that may emerge. The physical therapist - physical therapist assistant relationship-often a source of confusion for health care and academic administrators, academic and clinical faculty, physical therapists, and physical therapist assistants-is specifically profiled and analyzed. The authors clarify this relationship by utilizing an appropriate mixture of case studies, multiple examples, and current reference documents. The physical therapist - physical therapist assistant relationship-often a source of confusion for health care and academic administrators, academic and clinical faculty, physical therapists, and physical therapist assistants-is specifically profiled and analyzed. The authors clarify this relationship by utilizing an appropriate mixture of case studies, multiple examples, and current reference documents. Each chapter is followed by a Putting It Into Practice exercise, which gives the reader an opportunity to apply the information in their educational or clinical practice setting. The information presented is current and represents the evolution of the physical therapy profession over the past 35 years, since the inception of the physical therapist assistant role. The PTA Handbook: Keys to Success in School and Career for the Physical Therapist Assistant is an essential reference for students, educators, counselors, and therapy managers who want to maximize the potential for success of the physical therapist assistant. Dr. Kathleen A. Curtis is the winner of the "President's Award of Excellence" for 2005 at California State University, Fresno Topics Include: Evolving roles in physical therapy Interdisciplinary collaboration Legal and ethical considerations Cultural competence Learning and skill acquisition Effective studying and test-taking strategies Preparation for the licensure examination Clinical supervision, direction, and delegation Planning for career development

occupational therapy long term goals examples: 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.

occupational therapy long term goals examples: Creek's Occupational Therapy and Mental Health Wendy Bryant, Jon Fieldhouse, Katrina Bannigan, 2014-06-17 Now in its fifth edition, this seminal textbook for occupational therapy students and practitioners has retained the comprehensive detail of previous editions with significant updates, including the recovery approach informed by a social perspective. Emerging settings for practice are explored and many more service users have been involved as authors, writing commentaries on 14 chapters. All chapters are revised and there are also new chapters, such as mental health and wellbeing, professional accountability, intersectionality, green care and working with marginalized populations. Chapter 11 is written by two people who have received occupational therapy, examining different perspectives on the experience of using services. This edition is divided into clear sections, exploring theory and practice issues in detail. The first section covers the historical, theoretical and philosophical basis for occupational therapy in the promotion of mental health and wellbeing. The second section examines the occupational therapy process, followed by a third section on ensuring quality in contemporary practice. The fourth section offers insights into issues arising from the changing contexts for occupational therapy including an analysis of the implications for occupational therapy education. The fifth section has eight chapters on specific occupations that can be applied across the varied settings which are covered in the sixth and final section. Occupational Therapy and Mental Health is essential reading for students and practitioners across all areas of health and/or social care, in statutory, private or third (voluntary) sectors, and in institutional and community-based settings. - Presents different theories and approaches - Outlines the occupational therapy process - Discusses the implications of a wide range of practice contexts - Describes a broad range of techniques used by occupational therapists - Provides many different perspectives through service user commentaries - Coverage of trust as part of professional accountability, leadership, green care, ethical practice using a principled approach - Additional and extended service user commentaries - An editorial team selected and mentored by the retired editors, Jennifer Creek and Lesley Lougher

occupational therapy long term goals examples: Occupational Therapy Evaluation for Children Shelley Mulligan, 2025-02-18 Portable, accessible, and fully up to date, Occupational Therapy Evaluation for Children: A Pocket Guide, 3rd Edition, gives readers the tools and concepts needed to effectively perform efficient evaluations of children. Aligned with AOTA's 4th edition of the OT Practice Framework (OTPF-4) throughout, this pocket-sized guide is a concise, comprehensive reference perfect for coursework, as a laboratory resource, and for clinical practice. This easy-to-use book provides detailed content on the OT evaluation process, relevant background information on typical child development and measurement principles for using standardized assessments, as well as step-by-step coverage of techniques, with up-to-date clinical examples, high-quality illustrations, and extensive tables that summarize key assessments, techniques, and actions.

occupational therapy long term goals examples: Elder Care in Occupational Therapy Sandra Cutler Lewis, 2003 Elder Care in Occupational Therapy has been extensively revised into a new and completely updated second edition. This pragmatic text presents up-to-date information in a user-friendly format that seamlessly flows from one subject to the next. From wellness to hospice, Elder Care in Occupational Therapy, Second Edition offers a broad yet detailed discussion of occupational therapy practice that is devoted to older adults. A wide variety of topics are covered in a concise format, such as historical perspectives, theoretical insights, the aging process, and current interventional strategies, to name a few. Twenty informative appendices are also included that clarify issues such as Medicare coverage, community and clinical living arrangements, client-centered practice, exercise programs, evidence-based practice, and a summary of the newly adopted Occupational Therapy Practice Framework: Domain and Process. Additional

features: Contains information about the most advanced scientific achievements that can ultimately affect occupational therapy. Lists new and updated resource materials. Presents case studies that provide theoretical considerations and Intervention methods. Clearly discusses exciting and new venues for occupational therapy programming. Explains fundamentals of documentation and current reimbursement issues. Perfect for the student or clinician, *Elder Care in Occupational Therapy*, Second Edition provides classic, professional information on theory, disease entities, and intervention in a comprehensive format.

occupational therapy long term goals examples: 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.

occupational therapy long term goals examples: Mosby's Field Guide to Occupational Therapy for Physical Dysfunction Mosby, 2012-05-01 An all-in-one resource covering the basics of point-of-care assessment and intervention, Mosby's Field Guide to Occupational Therapy for Physical Dysfunction helps you master the skills you need to become competent in occupational therapy (OT) or as an occupational therapy assistant (OTA). It is ideal for use as a clinical companion to Mosby's bestselling texts, Pedretti's Occupational Therapy: Practice Skills for Physical Dysfunction and Physical Dysfunction Practice Skills for the Occupational Therapist Assistant. Expert information covers anatomy, assessment tools, screening tools, and more, and is provided in a compact format that's easy to use on the go. A quick-reference format uses illustrations, charts, and tables to organize key data. Logical, easy-to-find sections are organized and based on the OT Framework covering evaluation, intervention, intervention plan, and service management, making it easy to find essential facts, procedures, and applications. UNIQUE! Expert Advice tips and Pearls provide helpful pediatric and geriatric information that can be applied in the clinical setting. Basic guidelines refer back to leading textbooks, Pedretti's Occupational Therapy and Physical Dysfunction Practice Skills for the Occupational Therapist Assistant, for more detailed information. Coverage of all patient populations includes adult, pediatric, mental health, and neurological conditions. Convenient index makes it easy to locate tools you need to evaluate or treat a specific region or area. Pocket size and lay-flat binding provide convenience and portability for easy reference.

occupational therapy long term goals examples: Occupational Therapy for People Experiencing Illness, Injury or Impairment E-Book (previously entitled Occupational Therapy and Physical Dysfunction) Michael Curtin, Mary Egan, Jo Adams, 2016-12-16 The sixth edition of this classic book remains a key text for occupational therapists, supporting their practice in working with people with physical impairments, stimulating reflection on the knowledge, skills and attitudes which inform practice, and encouraging the development of occupation-focused practice. Within this book, the editors have addressed the call by leaders within the profession to ensure that an occupational perspective shapes the skills and strategies used within occupational therapy practice. Rather than focusing on discrete diagnostic categories the book presents a range of strategies that, with the use of professional reasoning, can be transferred across practice settings. The new editors have radically updated the book, in response to the numerous internal and external influences on the profession, illustrating how an occupational perspective underpins occupational therapy practice. A global outlook is intrinsic to this edition of the book, as demonstrated by the large number of contributors recruited from across the world. - Covers everything the student needs within the physical disorders part of their course - Links theory of principles to practice and management - Written and edited by a team of internationally experienced OT teachers, clinicians and managers - Gives key references and further reading lists for more detailed study - Written

within a framework of lifespan development in line with current teaching and practice - Includes practice scenarios and case studies - Focuses on strategies - New title echoes the contemporary strength-based and occupation-focused nature of occupational therapy practice which involves working with people and not medical conditions and diagnoses - Content and structure reviewed and shaped by an international panel of students/new graduates - 22 additional chapters - 100 expert international contributors - Evolve Resources - evolve.elsevier.com/Curtin/OT - contains: - 3 bonus interactive practice stories with reflective videos - 360 MCQs - 200 reflective questions - 250 downloadable images - Critical discussion of the ICF in the context of promoting occupation and participation - Pedagogical features: summaries, key points, and multiple choice and short answer reflective questions

occupational therapy long term goals examples: Quintessential Occupational Therapy

Robin Akselrud, 2024-06-01 Offering a glimpse into the daily schedule, caseload, and roles of clinicians in more than 15 areas of practice, *Quintessential Occupational Therapy: A Guide to Areas of Practice* is an essential resource for recent graduates and occupational therapists looking to enter a new area of practice. Each chapter focuses on a different area of practice—from outpatient rehabilitation to home care—and is authored by a team of seasoned clinicians who offer advice, work samples, and tips for those entering that area of practice. *Quintessential Occupational Therapy* also features experts across states and settings to provide the reader with a holistic view and understanding of the practice area they seek to enter. What's included in *Quintessential Occupational Therapy*: Sample forms and documents used in a variety of practice settings Common treatment plans and information on clinical diagnoses in each area of practice Guides for testing and relevant clinical information for each setting *Quintessential Occupational Therapy: A Guide to Areas of Practice* will equip readers with the knowledge and understanding of a variety of practice settings in occupational therapy and is perfect for recent graduates and practicing clinicians alike.

occupational therapy long term goals examples: Handbook of Occupational Therapy for Adults with Physical Disabilities William Sit, Marsha Neville, 2024-06-01 *Handbook of Occupational Therapy for Adults With Physical Disabilities* by Drs. William Sit and Marsha Neville provides quick and essential information for occupational therapists that are new to the adult practice setting. This handbook is primarily organized by body system into six sections: Occupational performance as a whole Central nervous system Peripheral nervous system, cranial nerves, and sensory system Musculoskeletal system Cardiovascular, lymphatic, respiratory, and integumentary systems Endocrine, digestive, urinary, and reproductive system At the beginning of each section, you will find a case study based on clinical experience that embodies the chapter subject. Within each section information is broken down into important aspects of the evaluation process, and then followed by the implications of each system on occupational therapy intervention. *Handbook of Occupational Therapy for Adults With Physical Disabilities* also includes a summary chart where readers can quickly and easily find the purpose, context, form, cost, and contact information for each assessment. *Handbook of Occupational Therapy for Adults With Physical Disabilities* is ideal for occupational therapy students, recent graduates, and practitioners who are newly entering an adult physical disability practice setting.

occupational therapy long term goals examples: Fundamentals of Occupational Therapy

Bernadette Hattjar, 2024-06-01 *Fundamentals of Occupational Therapy: An Introduction to the Profession* is a comprehensive, introductory text that provides first year students with foundational knowledge of occupational therapy as a profession and the construct of occupation. Due to the broadness of the profession this text identifies basic concepts and areas to novice students and helps inform them of the topics and components they will come across later in their studies. Inside the text, Dr. Bernadette Hattjar provides a general introduction, the historical development of the profession, and a basic review of the three major employment areas- physical disabilities, pediatrics and psychosocial occupational therapy. It also covers the topics of theoretical constructs, legislative and political influences on the profession, the use of adaptive devices in concert with major client groups, and the identification of influential professional individuals. *Fundamentals of Occupational*

Therapy analyzes the historical foundation, philosophical assumptions, ethical issues, core concepts, theories, models and frames of reference that have shaped the profession of occupational therapy. Fundamentals of Occupational Therapy: An Introduction to the Profession will provide entry level occupational therapy and occupational therapy assistant students with the information and tools they need to better understand, synthesize, and integrate the diverse elements of the profession into professional level courses, where in-depth understanding of these basic concepts occur in education programs.

occupational therapy long term goals examples: 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.

occupational therapy long term goals examples: Willard and Spackman's Occupational Therapy Barbara Schell, Glenn Gillen, 2018-09-04 Celebrating 100 years of the Occupational Therapy profession, this Centennial Edition of Willard & Spackman's Occupational Therapy continues to live up to its well-earned reputation as the foundational book that welcomes students into their newly chosen profession. Now fully updated to reflect current practice, the 13th Edition remains the must-have resource that students that will use throughout their entire OT program, from class to fieldwork and throughout their careers. One of the top texts informing the NBCOT certification exam, it is a must have for new practitioners.

occupational therapy long term goals examples: 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.

occupational therapy long term goals examples: 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.

occupational therapy long term goals examples: Foundations of Pediatric Practice for the Occupational Therapy Assistant Amy Wagenfeld, DeLana Honaker, 2024-06-01 Foundations of Pediatric Practice for the Occupational Therapy Assistant, Second Edition delivers essential information for occupational therapy assistant students and practitioners in a succinct and straightforward format. In collaboration with a wide range of highly skilled and expert professionals from clinical practice and academia, Amy Wagenfeld, Jennifer Kaldenberg, and DeLana Honaker present an interprofessional perspective to pediatric clinical foundations, theory, and practical application activities in a highly accessible and engaging format. The Second Edition of Foundations of Pediatric Practice for the Occupational Therapy Assistant offers new and engaging features, including diverse illustrations, to facilitate learning from the classroom to the clinic. Integrated within each chapter are Stories From Practice: brief vignettes of actual author clinical experiences, short case studies, and reflective activities designed to elicit discussion and exploration into the unique world of pediatric occupational therapy theory and practice. A new chapter on childhood trauma has been added to enhance the comprehensive and current nature of pediatric practice in the 21st century. Available online is a significant Major Infant Reflexes Chart and a comprehensive Normal Developmental Milestones Chart that will reinforce important concepts associated with child development as it relates to occupational therapy assistant practice. The seamless integration of this material enables all readers to develop a comprehensive understanding of the information and apply that knowledge in a pediatric setting. Features of the Second Edition: Up-to-date information, including the AOTA's current Occupational TherapyCode of Ethics Stories From Practice feature, which provides a unique reflective link from classroom to clinic Useful resources for classroom to clinical practice Bonus website that provides a comprehensive Normal Developmental Milestones Chart and Major Infants Reflexes Chart Chapter on childhood trauma Included with the text are online supplemental materials for faculty use in the classroom. Foundations of Pediatric Practice for the Occupational Therapy Assistant, Second Edition continues to be the perfect text for both occupational therapy assistant students and practitioners specializing in or transitioning to pediatrics.

occupational therapy long term goals examples: 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

Borcherding 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.

Related to occupational therapy long term goals examples

Occupational Cancer | Cancer | CDC This page provides occupational cancer information and resources

About Falls in the Workplace | Falls | CDC Traumatic occupational injury research labs NIOSH conducts research to prevent work-related injuries and deaths from falls across all industries. Review our Traumatic

National Institute for Occupational Safety and Health (NIOSH) Learn about NIOSH and access information on workplace safety and health

Occupational Exposure Banding | Exposure Banding | CDC Occupational Exposure Limits (OELs) provide specific guidance on how much of a chemical a worker can be exposed to over a period of time. OELs are developed by

About Occupational Hearing Loss | Noise | CDC About Occupational Hearing Loss Key points Occupational hearing loss is permanent but preventable. Exposure to loud noise or certain chemicals while at work can

NIOSH List of Hazardous Drugs in Healthcare Settings, 2024 July 17, 2025 Drugs approved by the U.S. Food and Drug Administration's Center for Drug Evaluation and Research that have manufacturer's special handling information (MSHI) meet

Clinical Guidance for PEP | HIV Nexus | CDC PEP was first attempted for HIV prevention in the 1980s among health care workers who experienced occupational exposures. This type of PEP is now called oPEP, to

About Stress at Work | Stress | CDC Job stress and NORA Organization of Work Team The National Occupational Research Agenda (NORA), Organization of Work Team worked with partners to identify

Workplace Safety and Health Topics | NIOSH | CDC All NIOSH Workplace Safety and Health Topics, sorted by topic name

Occupational Disease And Injury | Field Epi Manual | CDC Occupational laws and regulations are national in scope and set by the federal government. The federal government delegates responsibility for their enforcement to some

Occupational Cancer | Cancer | CDC This page provides occupational cancer information and

resources

About Falls in the Workplace | Falls | CDC Traumatic occupational injury research labs NIOSH conducts research to prevent work-related injuries and deaths from falls across all industries. Review our Traumatic

National Institute for Occupational Safety and Health (NIOSH) Learn about NIOSH and access information on workplace safety and health

Occupational Exposure Banding | Exposure Banding | CDC Occupational Exposure Limits (OELs) provide specific guidance on how much of a chemical a worker can be exposed to over a period of time. OELs are developed by

About Occupational Hearing Loss | Noise | CDC About Occupational Hearing Loss Key points Occupational hearing loss is permanent but preventable. Exposure to loud noise or certain chemicals while at work can

NIOSH List of Hazardous Drugs in Healthcare Settings, 2024 July 17, 2025 Drugs approved by the U.S. Food and Drug Administration's Center for Drug Evaluation and Research that have manufacturer's special handling information (MSHI) meet

Clinical Guidance for PEP | HIV Nexus | CDC PEP was first attempted for HIV prevention in the 1980s among health care workers who experienced occupational exposures. This type of PEP is now called oPEP, to

About Stress at Work | Stress | CDC Job stress and NORA Organization of Work Team The National Occupational Research Agenda (NORA), Organization of Work Team worked with partners to identify

Workplace Safety and Health Topics | NIOSH | CDC All NIOSH Workplace Safety and Health Topics, sorted by topic name

Occupational Disease And Injury | Field Epi Manual | CDC Occupational laws and regulations are national in scope and set by the federal government. The federal government delegates responsibility for their enforcement to some

Occupational Cancer | Cancer | CDC This page provides occupational cancer information and resources

About Falls in the Workplace | Falls | CDC Traumatic occupational injury research labs NIOSH conducts research to prevent work-related injuries and deaths from falls across all industries. Review our Traumatic

National Institute for Occupational Safety and Health (NIOSH) Learn about NIOSH and access information on workplace safety and health

Occupational Exposure Banding | Exposure Banding | CDC Occupational Exposure Limits (OELs) provide specific guidance on how much of a chemical a worker can be exposed to over a period of time. OELs are developed by

About Occupational Hearing Loss | Noise | CDC About Occupational Hearing Loss Key points Occupational hearing loss is permanent but preventable. Exposure to loud noise or certain chemicals while at work can

NIOSH List of Hazardous Drugs in Healthcare Settings, 2024 July 17, 2025 Drugs approved by the U.S. Food and Drug Administration's Center for Drug Evaluation and Research that have manufacturer's special handling information (MSHI) meet

Clinical Guidance for PEP | HIV Nexus | CDC PEP was first attempted for HIV prevention in the 1980s among health care workers who experienced occupational exposures. This type of PEP is now called oPEP, to

About Stress at Work | Stress | CDC Job stress and NORA Organization of Work Team The National Occupational Research Agenda (NORA), Organization of Work Team worked with partners to identify

Workplace Safety and Health Topics | NIOSH | CDC All NIOSH Workplace Safety and Health Topics, sorted by topic name

Occupational Disease And Injury | Field Epi Manual | CDC Occupational laws and regulations

are national in scope and set by the federal government. The federal government delegates responsibility for their enforcement to some

Occupational Cancer | Cancer | CDC This page provides occupational cancer information and resources

About Falls in the Workplace | Falls | CDC Traumatic occupational injury research labs NIOSH conducts research to prevent work-related injuries and deaths from falls across all industries. Review our Traumatic

National Institute for Occupational Safety and Health (NIOSH) Learn about NIOSH and access information on workplace safety and health

Occupational Exposure Banding | Exposure Banding | CDC Occupational Exposure Limits (OELs) provide specific guidance on how much of a chemical a worker can be exposed to over a period of time. OELs are developed by

About Occupational Hearing Loss | Noise | CDC About Occupational Hearing Loss Key points Occupational hearing loss is permanent but preventable. Exposure to loud noise or certain chemicals while at work can

NIOSH List of Hazardous Drugs in Healthcare Settings, 2024 July 17, 2025 Drugs approved by the U.S. Food and Drug Administration's Center for Drug Evaluation and Research that have manufacturer's special handling information (MSHI) meet

Clinical Guidance for PEP | HIV Nexus | CDC PEP was first attempted for HIV prevention in the 1980s among health care workers who experienced occupational exposures. This type of PEP is now called oPEP, to

About Stress at Work | Stress | CDC Job stress and NORA Organization of Work Team The National Occupational Research Agenda (NORA), Organization of Work Team worked with partners to identify

Workplace Safety and Health Topics | NIOSH | CDC All NIOSH Workplace Safety and Health Topics, sorted by topic name

Occupational Disease And Injury | Field Epi Manual | CDC Occupational laws and regulations are national in scope and set by the federal government. The federal government delegates responsibility for their enforcement to some

Related Articles

- [alas babylon pdf](#)
- [ingersoll rand ts4n5 manual](#)
- [teacher discounts for universal studios](#)

[Back to Home](#)