

## SMART Goals

Remember, your goals should be:

- Specific – What exactly do you want to accomplish? Make sure it is important to you. Break the goal down into smaller steps.
- Measurable – How will you know when you reach the goal? It needs to be measured and monitored.
- Achievable – How can your goal be achievable? Who or what do you need to reach the goal?
- Realistic – Does the goal fit into your current and future lifestyle?
- Timely – Is this a long-term or short-term goal? Set a deadline.

Example of a SMART goal older adult:

Scenario: John is admitted to an inpatient unit following a fall at home. He feels his energy levels and overall fitness have declined. He also feels that he spends long periods of time by himself watching TV and feels lonely. John wishes to have more energy and to feel less lonely.

### SMART goal example:

John wants to feel less lonely.....

S: will join a local Men's Shed in his area

M: will attend the Men's Shed once per week

A: The goal is attainable, as John lives close to the group and will walk to and from the Men's Shed with his carer

R: John is very motivated to attend, therefore it is likely he will go

T: will have joined the Men's Shed by the end of the month

Goal setting in OT reference:

A Clinical Audit of the Outcome of Occupational Therapy Assessment and Negotiated Patient Goals in the Acute Setting:

<https://journals.sagepub.com/doi/abs/10.1177/030802260306600805>