

SAMPLE BEHAVIORAL HEALTH AND REHABILITATION GOALS AND OBJECTIVES

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Why Use These Goals:

- ✓ describe **skills being trained**
- ✓ avoid **COPM score goals**
- ✓ avoid **participation-only outcomes**
- ✓ reflect **OT intervention targets**

Participation outcomes such as: “complete a full day of school” or “increase satisfaction scores” **are results of therapy**, not goals. Remember: **“The COPM measures change. It is not the skill.”**

Routine-Based Examples:

Skills being trained

- time management
- task prioritization
- routine organization
- executive functioning

****LTG (Health Management – Psychiatric or Community Setting):****

By discharge or end of treatment period, Client will complete a personalized daily routine—including hygiene, movement, structured rest, and coping check-ins—with moderate cues in 4 out of 5 days.

****STG 1:****

Within 5 days, client will complete her morning hygiene routine using a visual schedule with no more than two cues.

STO 2 — Sleep Routine Organization: Within 4 weeks, KM will develop and implement a structured evening routine including at least two sleep hygiene strategies to support consistent sleep preparation on 5 nights per week as documented through sleep logs.

LTG Example 2 – Routine Organization / Role Balance

Within 12 weeks, AR will independently develop and implement a structured weekly routine that allocates time for work, coaching, and personal activities, using planning and time-management strategies (e.g., weekly scheduling, task prioritization) with no more than one verbal cue, as documented through weekly routine planning sheets and therapist review.

STG 1 – Energy Management

Within 6 weeks, AR will identify and implement two energy-management strategies (e.g., task chunking, scheduled rest breaks) during work tasks with no more than two verbal cues in 4 of 5 observed sessions, as documented through therapist observation and self-report logs.

Participation-Focused Examples

- ****LTG (Participation – Community-Based or Step-Down Setting):****

Within 6 weeks, client will complete in one structured daily occupation (e.g., academic task, mealtime routine, or structured leisure activity) for at least 10 minutes using one therapist-taught coping strategy with no more than one verbal cue in 80% of opportunities.

- ****STG 1:****

Within 1 week, client will identify her emotional state using a feelings scale and identify a selected strategy that could be implemented to improve or sustain this emotional state during OT sessions in 3 out of 5 opportunities with minimal cues.

- ****STG 2:****

Within 2 weeks, client will complete one structured mealtime or academic routine by initiating the first two steps of the task with no more than two prompts in 70% of opportunities.

Sensory/Regulation-Based Examples:

Skills being trained

- interoceptive awareness
- self-monitoring
- strategy selection
- anticipatory regulation
- **LTG (6 weeks):** Within 6 weeks, JS will independently identify early indicators of emotional or sensory overload and select an appropriate self-regulation strategy prior to engaging in

challenging interpersonal situations, in 4 of 5 observed opportunities, as documented through therapist observation and self-monitoring logs.

Short-Term Objective 1

Sensory Regulation Awareness: Within 3 weeks, JS will identify and generate a written list of at least five sensory inputs that he experiences as consistently grounding or calming and explain when and how these inputs can be used prior to anticipated interpersonal stress, as documented through completion of a sensory regulation worksheet and therapist review.

Short-Term Objective 2

Early Stress Identification: Within 3 weeks, JS will identify at least three personal physiological or emotional indicators of escalating stress during structured activities, in 4 of 5 sessions, as documented through therapist observation and self-report logs.

Short-Term Objective 3

Communication Strategy Development: Within 4 weeks, JS will demonstrate use of two structured communication strategies for managing interpersonal conflict during role-play scenarios, with no more than one verbal cue, in 4 of 5 sessions, as documented through therapist observation.

LTG Example 2 – Sensory Self-Regulation

Within 12 weeks, AR will independently identify and implement at least three sensory regulation strategies (e.g., scheduled movement breaks, environmental modification, proprioceptive input) to maintain sustained attention during work or structured activities for at least 45 minutes, as documented through therapist observation and self-monitoring logs.

STG 2 – Task Persistence / Attention

Within 6 weeks, AR will demonstrate goal-directed task persistence to a structured leisure or work-related task for 30 minutes using one sensory regulation strategy, with no more than one verbal cue, in 4 of 5 sessions, as documented by therapist observation.

WRAP-Aligned Examples: WRAP-based goals are strong because they measure the client’s ability to:

- ✓ recognize internal states, including self-monitoring and trigger identification
- ✓ plan behavioral responses
- ✓ monitor symptoms over time
- ✓ develop self-management routines (occupational self-management)

These are **occupational self-regulation skills**, which then support participation.

Long-Term Goal 1

Within 6 weeks, JS will identify personal triggers and early warning signs associated with escalating interpersonal stress and develop a written action plan for responding to these triggers using items from his wellness toolbox, as documented through completion of WRAP planning worksheets and therapist review.

(This aligns directly with the Triggers and Early Warning Signs sections of WRAP.)

Short-Term Objective 1

Trigger Identification: Within 2 weeks, JS will identify and document at least three interpersonal situations that serve as triggers for escalating stress or emotional dysregulation, via completion of the WRAP trigger identification worksheet.

Short-Term Objective 2

Early Warning Sign Recognition: Within 4 weeks, JS will identify and describe at least three early warning signs that indicate increasing stress or emotional dysregulation, as documented through self-monitoring logs reviewed during therapy sessions.

LTG Example 2— WRAP-Informed Self-Management

Within 8 weeks, KM will develop and implement a personalized wellness management routine identifying triggers, early warning signs of stress or fatigue, and at least three strategies to maintain daily functioning during school and work demands, as documented through completion of WRAP planning worksheets and therapist review.

STO 3 — WRAP Trigger Identification: Within 3 weeks, KM will identify and document at least three situations that increase stress or fatigue during school or work activities and list one coping strategy for each trigger using a WRAP trigger worksheet.

STO 4 — Early Warning Sign Recognition: Within 4 weeks, KM will identify at least three early warning signs of increased stress or fatigue and select one regulation

strategy to address each sign in 4 of 5 therapy sessions as documented through therapist observation and self-monitoring logs.

LTG — Financial Management Routine

Within 8 weeks, KM will independently organize and implement a weekly budgeting routine to allocate income for rent, utilities, and groceries using a structured budgeting system, completing the routine with no more than one verbal cue in 4 of 5 weeks as documented through budgeting worksheets and therapist review.

STO 1 — Budgeting Skills: Within 3 weeks, KM will categorize weekly expenses into at least three budgeting categories (rent, food, utilities) using a budgeting worksheet with no more than two verbal cues in 4 of 5 sessions.

Skills being trained

- financial organization
- routine development
- task sequencing
- executive functioning

LTG — Pain Management for Work Endurance

Skills being trained

- body mechanics
- pacing strategies
- symptom monitoring
- energy conservation

LTG 1 Within 8 weeks, KM will independently implement pacing and body positioning strategies to maintain standing and walking tolerance for 60 minutes during work or school activities while reporting pain no greater than 3/10 in 4 of 5 observed opportunities as documented through therapist observation and self-report logs.

STO — Pain Self-Management: Within 4 weeks, KM will demonstrate two pacing or body positioning strategies to manage lower back pain during standing tasks for at least 30 minutes with no more than one verbal cue in 4 of 5 sessions.

