

SMARTAAR Goal Worksheet

SMARTAAR goal elements			Existing goal elements	SMARTAAR goal
Patient Priorities/ Rehab Goal to be Reviewed:				
<u>Increase patient motivation to participate in physiotherapy to improve strength in the upper and lower limbs and have increased safety with mobility</u>				
S	Patient name in goal statement		<u>patient</u>	
	What patient outcome is being aimed for? What is the purpose of any intervention ? *CLINICIANS' ACTIONS/ INTERVENTIONS DO NOT GO HERE**			
	Focus on Patients Participation (Y/N)		No	
	Where will participation take place – context of goal? E.g. at home, local community (might be implicit)			
M	How well? What is the desired quality of performance in relation to level of independence, amount / nature of supports.			
	How much? Quantity of performance by patient e.g. time taken, frequency, amount, speed, efficiency.			
A	Achievable and Relevant: You must know the patient to decide whether any goal is achievable for that patient, given the availability of current resources. In some cases, recording a goal that is not achievable may be clinically useful. Ensuring goals refer to the desired outcome for each patient rather than describing an action plan with timeframes helps keep the goal relevant to the patient, not clinician.			
R				
T	Time bound: How long do you think it will take the patient to achieve the goal?			
A	Action Plan: What does the multidisciplinary team, patient, family NEED TO DO to achieve this goal? All treatment plans go here: who does each action, frequency/duration and by when. Actions pertaining to reducing impairments / managing environmental factors (e.g. train carers, equipment) can go here: list as patient steps towards goal if desired		<u>participate in physiotherapy</u> <u>improve range of movement in the upper and lower limbs</u> <u>increased safety with all mobility</u>	
A	Achievement rating: Has the goal been achieved?			
R	Reporting goal outcome: Who needs to know about goal progress the patient made on this goal?			
Is the goal clear and concise?		Does the goal identify what the patient needs / wants to be able to do?		
Revised goal:				

Agency for Clinical Innovation Rehabilitation Network, Rehabilitation goal training – participant workbook, Chatswood, NSW, Agency for Clinical Innovation,