



17 SMART cognitive goals

Possible goals for 10 practical cognitive therapy activities.

Scheduling appointments

Patient will demonstrate:

- Ability to add new appointments to personal planner with 90% accuracy independently to improve ability to manage own schedule by 12.31.19.
- Understanding of personal schedule by answering comprehension questions with 100% accuracy independently to improve ability to participate in desired activities by 12.31.19.

Organizing information

Patient will:

- Add at least 5 new contacts to electronic contact book with 100% accuracy independently to improve organization of information for daily tasks by 12.31.19.
- Make at least 3 phone calls using electronic contact book with 100% accuracy independently to improve ability to communicate with medical professionals in a timely manner by 12.31.19.

Writing for attention and memory

Patient will:

- be oriented to day of week, date, and time using visual supports as needed with 100% accuracy independently to improve daily function and reduce frustration by 12.31.19.
- recall at least 3 recommendations from any therapy with 100% accuracy independently using visual supports as needed to improve safety and independence by 12.31.19.

Word finding

Patient will demonstrate:

- ability to use at least 3 word finding strategies during moments of word finding failure on 4 of 5 opportunities to improve communication and reduce frustration by 12.31.19.
- no more than one un-repaired word-finding failure during 30 minutes of conversation independently to demonstrate improved word-finding skills for conversation by 12.31.19.

YouTube for attention and memory

- Patient will demonstrate ability to recall at least 5 specific details from information recently heard or seen with 100 percent accuracy independently to improve ability to engage in leisure activities by 12.31.19.

Remembering spouse's name after brain surgery

Patient will:

- independently use recommended strategies to recall wife's name in 9 of 10 opportunities by report or observation to reduce stress and embarrassment by 12.31.19.
- demonstrate the use of at least 3 memory strategies for recalling preferred information with 100% accuracy independently to improve recall of important information by 12.31.19.

Basic executive function skills

Patient will:

- demonstrate understanding of at least two cognitive strategies by independently using them during functional activities in 4 of 5 opportunities to improve participation in daily tasks by 12.31.19.
- maintain the topic of conversation for 3 turns in 4 of 5 opportunities to improve functional communication and reduce frustration by 12.31.19.
- verbalize and demonstrate the correct sequence for safely standing up from the wheelchair with 100% accuracy across three trials to improve safety by 12.31.19.

Massed practice for visual neglect

- Patient will locate the top left corner of reading material (e.g., paper, calendar, cell phone) using recommended strategy independently within 10 seconds in 9 of 10 opportunities across 3 sessions to improve functional reading by 12.31.19.

Remembering to use the call bell

- Patient will independently verbalize and demonstrate the recommendation to press the call button when he wants to use the bathroom with 100% accuracy across 3 sessions to improve safety by 12.31.19.

Using supports to be oriented to time

- Patient will verbalize and demonstrate the independent use of the electronic calendar to determine the current day of week, date, and time with 100% accuracy across 3 consecutive sessions to improve ability to participate in desired activities by 12.31.19.

Read the post for more information: eatspeakthink.com/10-practical-cognitive-therapy-activities