5 types of ST goals based on WHO ICF

The World Health Organization's ICF model:

- Health condition (disorder or disease)
- Function and structure
- Activity
- Participation
- Physical and social environmental factors
- Personal factors

5 types of goals that speech-language pathologists might write:

1. **Function/Structure:** Patient will produce consonant clusters in two-syllable words with 80% accuracy independently within 4 weeks.
2. **Activity:** Patient will produce at least 8 of 10 personally-relevant words accurately independently within 4 weeks.
3. **Participation:** Patient will successfully schedule a salon appointment using any recommended support independently within 4 weeks.
4. **Physical and Social Environmental Factors:** Patient will advocate for herself by identifying as a stroke survivor and asking for additional time to speak when on the phone with medical professionals within 4 weeks.
5. **Personal Factors:** Patient will report that his confidence in speaking with extended family has improved from 1/10 to 5/10 on a scale where 1 = not confident at all and 10 = very confident within 4 weeks.

8 elements of participation SLPs can target in therapy (Yorkston et al., 2017)

1. Problem solving.
2. Decision making
3. Identifying and using resources.
4. Supporting relationships with health care providers.
5. Performance mastery.
6. Finding a model/social persuasion.
7. Reinterpreting symptoms.
8. Taking action.

https://eatspeakthink.com/better-aos-outcomes

Recommended resources:

- Baylor, C., & Darling-White, M. (2020). Achieving Participation-Focused Intervention Through Shared Decision Making: Proposal of an Age- and Disorder-Generic Framework. American Journal of Speech-Language Pathology, 29(3), 1335–1360.

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- Nobriga, C., & St. Clair, J. (2018). Training Goal Writing: A Practical and Systematic Approach. *Perspectives of the ASHA Special Interest Groups*, 3(11), 36–47.

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- Page, A. D., & Yorkston, K. M. (2022). Communicative Participation in Dysarthria: Perspectives for Management. Brain sciences, 12(4), 420.

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- Schwabish, L. (n.d.) Creative Approaches to Delivering Skilled, Person-Centered Rehabilitation. Medbridge. Retrieved December 27, 2023, from

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- Wambaugh, L. (n.d.) Treatment of Acquired Apraxia of Speech: Therapeutic Approaches and Practice Guidelines. Retrieved April 27, 2024 from

  https://www.medbridge.com/course-catalog/details/treatment-of-acquired-apraxia-of-speech-t herapeutic-approaches-and-practice-guidelines/

- Yorkston, K., Baylor, C., & Britton, D. (2017). Incorporating the Principles of Self-Management into Treatment of Dysarthria Associated with Parkinson's Disease. Seminars in Speech and Language,38(3), 210–219. https://doi.org/10.1055/s-0037-1602840