SMART cognitive goals idea bank: Relevant

Set goals that are relevant to your patient's own desired outcome from therapy:

- Patient feels like you understand them and their problems.
- Patient is motivated to do the work to meet their goals.
- You gain clarity about what you're doing and why.
- Planning for therapy is easier.
- Sessions are more focused and may be shorter.
- You should see real functional improvement by the end of therapy.

Writing SMART goals can be challenging, especially for cognition. Here are sample SMART goals with the "Relevant" part highlighted.

1. Patient A will independently use at least 2 memory encoding strategies during the process of relearning the names of her grandchildren **in order to improve memory skills for functional information** by 2.9.19.
2. Patient A will name at least 4 of 5 grandchildren from memory across two consecutive sessions **to improve communication and reduce frustration** by 2.9.19.
3. Patient A or caregiver will independently verbalize or demonstrate understanding of at least two strategies **to compensate for memory loss and to reduce caregiver burden** by 2.9.19.

The "Relevant" part of a SMART goal:

- Ideally, we should capture the "why" behind our goal.
- Why is the patient bothering to spend time working on this goal?
- Why should the insurance company pay for us to work on this goal?
- What is the real outcome we (and our patient/family) want to see from this goal?
- How will we know if working on this goal will really help this person in a meaningful way?

To improve To increase To resume To regain To maintain To complete To compensate for To independently To achieve independence for	- safety - Independence - safety and independence - quality of life - decision making - orientation to time in order to independently follow personal schedule - ability to initiate action for daily activities - participation in daily activities - ability to complete desired activities - ability to complete daily tasks - participation in planned activities - social interaction - recall relevant information for daily activities - recall personally relevant information as desired - ability to manage own schedule - ability to understand and use functional information effectively - plan and complete desired tasks - medication management - money management - ability to respond effectively to mail - organization in order to locate desired information efficiently - ability to set and achieve own goals - error detection and repair - generate multiple possible solutions for resolving problems - problem-solving barriers to successfully completing desired tasks - ability to make medical and legal decisions
To reduce To decrease To lessen To remove To eliminate	- anxiety - frustration - unwanted behaviors - caregiver burden - dependence on caregiver supervision - barriers to success - social isolation - safety issues