

Occupational Therapy Goals and Objectives

Date: [Insert Date]

To: [Client's Name]

From: [Therapist's Name]

Subject: Occupational Therapy Goals and Objectives

Introduction

Dear [Client's Name],

As we continue to work together on your therapeutic journey, I have outlined the goals and objectives for your occupational therapy intervention. These goals are designed to enhance your overall functioning and improve your quality of life.

Goals and Objectives

Goal 1: Improve Fine Motor Skills

- Objective 1: Complete 10 repetitions of hand gripping exercises using a therapy putty by [insert date].
- Objective 2: Successfully tie shoelaces independently by [insert date].

Goal 2: Increase Daily Living Skills

- Objective 1: Prepare a simple meal with minimal assistance by [insert date].
- Objective 2: Independently button shirts and zip jackets by [insert date].

Goal 3: Enhance Social Participation

- Objective 1: Engage in a group activity with peers once a week by [insert date].
- Objective 2: Initiate conversations with peers in social settings during therapy sessions by [insert date].

Conclusion

These goals and objectives will be reviewed periodically to monitor your progress. Please feel free to reach out if you have any questions or need further clarification.

Sincerely,

[Therapist's Name]
[Therapist's Title]
[Contact Information]