S.M.A.R.T. Goals: Overview, Writing Tips, and Resources

A *S.M.A.R.T.* Goal is:

- **S**pecific: Should specifically state what the individual will do.
- **M**easurable: How will it be measured?
- **A**ttainable: Something that is reasonable and expected to be accomplished.
- **R**elevant: Customized to the individual's needs.
- **T**imely: Provides a timeline, including a goal end-date.

When developing S.M.A.R.T. Goals, always:

- Include the amount of assistance that will be required.
- Identify an area of deficit or functional limitation in the evaluation, to support the S.M.A.R.T goal.
- Include baseline and/or current progress measures toward the S.M.A.R.T goal.

S.M.A.R.T. Goal Writing Steps:

- Who? (patient, family, caregivers)
- What? (specific performance/action that will be accomplished)
- Where? (location)
- When? (establish timeframe)
- Why? (relevance/purpose)
- How? (criteria to attainment)

Examples:

Not S.M.A.R.T. Goals	S.M.A.R.T. Goal Examples
Improve expressive language.	During the therapy session, patient will use 2+ word combinations to request items given a verbal model with 80% accuracy.
Improve receptive language.	Patient will independently answer "What" questions with 80% accuracy in a structured 1:1 setting.
Improve speech.	Patient will produce /p/ in the initial position of words in 4/5 trials given minimal cues.
Improve swallow with liquids.	Patient will safely swallow thin liquids by cup sip using chin-tuck maneuver in 9/10 trials, as evidenced by no cough or change in vocal quality post-swallow.
Increase memory skills.	Patient will recall personal biographical information and the names of family members given visual aids with 80% accuracy.
Improve intelligibility of speech.	Patient will produce short phrases with 90% intelligibility, given verbal cues to exaggerate consonants.

Plan of Care and S.M.A.R.T. Goal Links:

- http://www.asha.org/uploadedFiles/SLP-Medical-Review-Guidelines.pdf
- http://blog.asha.org/2013/09/10/tricks-to-take-the-pain-out-of-writing-treatment-goals/
- http://www.asha.org/uploadedFiles/Writing-Measurable-Goals-and-Objectives.pdf
- https://www.evicore.com/ReferenceGuidelines/Speech%20Therapy%20Guidelines.pdf