SMART GOALS

S

SPECIFIC
Be specific about what you want the client to achieve. Ask yourself questions about the goals following the five W's - who, what, when, where and why.

M

MEASURABLE
Make sure that you can measure their success. You'll be able to track their progress by answering questions like how will you know when the goal is complete or achieved.

A

ACHIEVABLE
Ensure the goal is realistic and achievable - don't set your client a goal that's too easy or too difficult to complete.
Look at their current situation and make sure you have what they need to achieve it.

R

RELEVANT
Set your client a goal that's relevant and realistic. Is the goal applicable to their current support needs and align with the priorities of the family?

T

TIMELY
Assign an end date to the goal to encourage the client to reach it with a deadline. Think about what you strategies and supports you can put in place to support the client to achieve the goal by the end date.