DYSPHAGIA GOALS

LONG TERM GOALS - SWALLOWING

- Client will maintain adequate hydration/nutrition with optimum safety and efficiency of swallowing function on P.O. intake without overt signs and symptoms of aspiration for the highest appropriate diet level
- Client will utilize compensatory strategies with optimum safety and efficiency of swallowing function on P.O. intake without overt signs and symptoms of aspiration for the highest appropriate diet level

SHORT TERM GOALS - SWALLOWING

Mastication
- Patient will masticate food adequately to safely consume ____ (regular, mechanical soft, pureed, etc.) diet with ___% verbal, visual and tactile cues

Jaw Coordination/Sensation
- The patient will complete daily oral-motor exercise to increase buccal tension to within functional limits to eliminate pocketing of food in the anterior and lateral sulci with ___% verbal, visual and tactile cues and ___% effectiveness
- The patient will complete daily oral-motor exercise to increase improve jaw closure and reduce anterior loss to keep food/liquid in the mouth while eating with ___% verbal, visual and tactile cues and ___% effectiveness

Oral Coordination/Sensation
- Patient will complete daily oral-motor exercise to increase oral sensitivity to a functional level for bolus formation and optimum safety with ___% verbal, tactile and visual cues with ___% effectiveness
- The patient will demonstrate a swallow delay of only 1-2 seconds following thermal gustatory stimulation on 10/10 therapeutic trials to reduce the risk of food residue falling into the airway

Lip Coordination/Sensation
- The patient will complete daily oral-motor exercise to increase labial function with ___% verbal, tactile and visual cues with ___% effectiveness to prevent food or liquid spillage from the oral cavity

Lingual Coordination/Sensation
- The patient will complete daily oral-motor exercise to increase lingual range of motion, strength and coordination with ___% verbal, tactile and visual cues with ___% effectiveness for effective bolus formation and to reduce the risk of food residue falling into the airway
- The patient will complete daily oral-motor exercise to increase lingual strength and range of motion for adequate lingual elevation and anterior to posterior movement with ___% verbal, tactile and visual cues with ___% effectiveness to reduce the risk of food residue falling into the airway

Diet Trials
The patient will demonstrate diet upgrade trials without signs and/or symptoms of aspiration with 10/10 trials

Techniques
- Patient will demonstrate adequate use of _____ technique (supraglottic swallow, Mendelson maneuver, effortful swallow, etc.) to eliminate s/s of laryngeal penetration and/or aspiration of ________ (pureed, mechanical soft, etc.) diet/____ liquids with ___% verbal cues during 80% of (8 out of 10 swallows) therapeutic trials.
Initiation
- The patient will demonstrate a swallow delay of only 1-2 seconds following thermal tactile stimulation on 10/10 therapeutic trials to decrease aspiration risk

Compensatory
- Patient will demonstrate adequate use of the following compensatory strategies (chin tuck, multiple swallows, head turn, etc.) to eliminate s/s of laryngeal penetration and/or aspiration of ________ (pureed, mechanical soft, etc.) diet/___liquids with ___% verbal cues during 80% of (8 out of 10 swallows) therapeutic trials.
- The client will demonstrate the ability to adequately self-monitor swallowing skills and perform appropriate compensatory techniques to reduce s/s of aspiration
- The patient will alternate liquids-solids bites to clear stasis through buccal cavity of residue with ___%visual, verbal and tactile cues
LONG-TERM GOALS - COGNITIVE FUNCTIONS/ COMMUNICATION
- Client will develop functional, cognitive-linguistic-based skills and utilize compensatory strategies to communicate wants and needs effectively, maintain safety during ADL’s and participate socially in functional living environment

SHORT TERM GOALS - ORIENTATION
- Client will use external memory aids and compensatory strategies to recall routine, personal information and recent events to improve orientation to time & recall daily events with ___% accuracy and ___cues.
- Client will improve orientation by communicating mental awareness of daily routines, personal information and recent events with ___% accuracy and ___cues.

SHORT TERM GOALS - ATTENTION
- The patient will complete a _____ (sustained, selective, alternating, divided) attention task with no more than x number of redirections when given min ____ (verbal, visual, tactile) cues with x% accuracy.
- The patient will demonstrate adequate attention to therapy tasks with no more than ___ number of redirections in a 45-60 min session when given min ____ cues with x% accuracy.
- The patient will attend to therapy tasks for x number of minutes when given no more than x number of redirections with x% accuracy.

SHORT TERM GOALS - SEQUENCING
- The patient will verbally communicate sequences/steps and perform multi-level daily living tasks with ___% verbal, visual and tactile cues in order to complete activities of daily living

SHORT TERM GOALS – AUDITORY COMPREHENSION
- Auditory Comprehension
  - The patient will demonstrate the ability to comprehend utilizing verbal presentation of ____ (simple/complex….close-ended, open-ended questions) with ___% verbal, visual and tactile cues in functional living environment
  - The patient will gesture appropriate use of functional items with ____% visual, verbal and tactile cues in order to increase gestural expression of wants and needs in functional living environment

- Following Directions
  - The patient will demonstrate the ability to follow multi-step directions related to functional living environment with ___% verbal, visual and tactile cues in order to increase functional integration into environment

SHORT TERM GOALS – PROBLEM SOLVING/ SAFETY
- The patient will demonstrate functional problem solving and safety awareness with ___% verbal, tactile and visual cues for daily living tasks in order to increase safe interaction with environment and decreased assistance from caregivers.
- Client will complete simple/complex reasoning tasks to improve problem solving and safety awareness with ___% accuracy and ___cues
- Client will complete convergent categorization tasks with ___% accuracy & ___% cues

LONG TERM GOALS – MEMORY & SPACED RETRIEVAL
- The client will use appropriate memory strategies to schedule and recall weekly activities, express needs and recall names to maintain safety and participate socially in functional living environment

SHORT TERM GOALS – MEMORY & SPACED RETRIEVAL
- The patient will demonstrate recall of functional information following a/an (immediate, short-term, long-term) delay with ____ cues in order to increase functional integration into environment.
- The patient will demonstrate the ability to plan, schedule and follow through with events/activities with ___% accuracy and ____ cues.
- The patient will complete a mental manipulation task with ___% accuracy and ____ cueing in order to increase functional integration into environment.

**SHORT TERM GOALS – READING COMPREHENSION**
- The patient will recall ____ facts from (sentence, paragraph, several paragraph, page) length material with ___% accuracy and ___ cueing.
- Client will demonstrate ability to follow a written script to complete functional tasks with 80% accuracy.
- Client will respond to visual cues in order to improve sequencing to complete daily tasks & recall directions with 80% accuracy.
- Client will recall and demonstrate strategy of responding to visual cues to improve reading skills & compensate for visual deficits during activities with 80% accuracy.
- The client will identify (words/letters) with ___% accuracy and ___ cues.
- The client will match (word to word, picture to word) with ____% accuracy and ___ cues.

**SHORT TERM GOALS – WRITTEN EXPRESSION**
- Client will trace shapes, numbers, and letters with 80% accuracy.
- Client will generate name, address, and phone number in writing with 80% accuracy. Client will write steps to complete a given task with 80% accuracy.
- Client will legibly/completely write lists (grocery, to do, etc.) with 80% accuracy.
- Client will write a letter and address an envelope to a given person with 80% accuracy.
- Client will demonstrate functional writing skills at sentence level using compensatory strategies to complete daily activities during 80% of trials.

**LONG TERM GOALS – EXPRESSIVE LANGUAGE**
- Client will develop functional, cognitive-linguistic-based skills and utilize compensatory strategies to communicate wants and needs effectively to different conversational partners, maintain safety and participate socially in functional living environment.

**SHORT TERM GOALS – EXPRESSIVE LANGUAGE**

**Naming**
- The patient will name objects, pictures, people and/or activities verbally with ___% verbal, tactile and visual cues to improve verbalizations.

**Sentence Production**
- The patient will perform sentence/phrase completion tasks related to ADL’s and safety verbally with ___% visual, tactile and verbal cues to increase automatic verbalizations in functional living environment.
- Client will formulate sentences with given words related to his/her personal needs, ADL’s and safety with ___% effectiveness.

**Conversation & Pragmatics**
- Client will initiate and maintain 1-3 conversational exchanges related to his/her personal needs with one other familiar listener with 80% accuracy.
- Patient will use short phrases / 3-4 sentences to communicate memories of familiar objects and past experiences with 60% effectiveness (6 of 10).
- Resident will make 10 appropriate verbal utterances during a 15 minute conversation in response to props and minimal verbal cues by caregivers to reduce social isolation.
- Client will correctly identify and match facial expressions & body language related to moods/feelings with 80% accuracy to improve interaction & conversation with family & staff.
- Client will demonstrate appropriate turn taking & topic maintenance abilities during individual/group sessions with ___ cues.
Answering questions
- The patient will respond to ____ (simple/complex...wh-questions, yes/no questions, open-ended questions) with ____% verbal, visual and tactile cues and compensatory strategies to increase communications within functional living environment

Other
- Client will verbally express 4 items belonging to given categories with semantic and phonemic cues with 80% accuracy.

LONG TERM GOALS – RIGHT HEMISPHERE CVA SPECIFIC
- Client will recall and demonstrate use of compensatory strategies for L-side neglect to improve reading & writing skills in functional activities.

LONG TERM GOALS – TRAUMATIC BRAIN INJURY SPECIFIC
- Client will learn & recall strategies to compensate for frontal lobe deficits to improve ability to participate in daily tasks & participate appropriately in conversation.

LONG TERM GOALS - DEMENTIA
- Client will develop functional, cognitive-linguistic-based skills and utilize compensatory strategies to communicate wants and needs effectively, maintain safety during ADL's and participate socially in functional living environment

Functional Maintenance Program Long Term Goals
- Resident will express wants, needs, and feelings through establishment of an effective maintenance program to maximize functional communication
- Resident will appropriately interact with staff/peers given _____ assist for initiation, turn-taking, and topic maintenance for communication
- Resident will demonstrate appropriate behavior to meet needs with staff and support of communication needs

SHORT TERM GOALS - DEMENTIA
- Client will recall strategy of locating and utilizing personal memory book to improve orientation & reduce repetitive question asking behaviors 80% of trials.
- Patient will learn effective use of a memory book to compensate for residual memory problems with 80% accuracy.
- Patient will use external memory aid with 80% accuracy with verbal and tactile cues to maximize memory skills.

FUNCTIONAL MAINTENANCE PROGRAM GOALS
- Patient will follow simple one-step directions utilizing compensatory strategies with 80% accuracy
- Patient will express wants/needs when presented with two verbal options with 80% accuracy
- Patient will answer yes/no questions with 80% accuracy
- Patient will exhibit no more than 2 _____ in 60 minutes time given structured reinforcement program by caregivers for three consecutive days
- Patient will engage in conversation with at least 3 turn-taking exchanges in a group setting given_____ assist from caregivers X3 days
- Patient will generate wh-questions to meet needs given cues/prompt with _____ assist from caregivers with 80% accuracy
- Patient will respond to wh-questions given two verbal options with 80% accuracy
- Patient will utilize audible voice in environmental noise for three settings over period of three days
- Patient will initiate communication exchanges 3 times/day with staff/family/peers for three consecutive days
- Patient will voluntarily/willingly participate in 3 social activities a week for 2 weeks
- Patient will voluntarily/willingly be available for social interaction with staff/peers for 30 minutes a day over three days
- Patient will demonstrate cognitive-linguistic baseline skills for design and implementation of functional maintenance program
MOTOR SPEECH GOALS

LONG TERM GOALS- APRAXIA & DYSARTHRIA
- Client will develop functional and intelligible speech and utilize compensatory strategies through the use of adequate labial and lingual function, increased articulatory precision and speech prosody
- Client will develop functional motor programming, articulatory proficiency and utilize compensatory strategies to express wants and needs for intelligible speech and functional prosody in the functional living environment

SHORT TERM GOALS- APRAXIA & DYSARTHRIA

Phonation
- The patient will utilize phonation at the ____ (word, phrase, sentence) level with ___% verbal, visual and tactile cues in functional living environment in order to increase functional speech intelligibility

Respiration
- The patient will improve respiratory support and the use of respiration for the production of ____ (words, phrases, sentences) with ___ verbal and visual instructions/cues in functional living environment in order to increase functional speech intelligibility

Articulation
- The patient will articulate consonants at the ____ (word, phrase, sentence) level with ___% verbal, visual and tactile cues in order to increase articulatory precision and intelligibility in conversational speech
- The patient will demonstrate adequate ____ (tongue control for tongue tip sounds t, d, n, l/ lip control for labial and bilabial sounds m, p, b & w/ oral and facial muscle control/jaw control) to produce 20 understandable and functional ____ (words, phrases, sentences) related to basic medical, personal and hygienic needs

Voice
- The patient will demonstrate the ability to produce clear vocal tones sufficient to support ____ (word, phrase, sentence) production to execute successful sender/receiver communication in the functional living environment

VOICE & TRACH/VENT GOALS
SHORT TERM GOALS - VOICE
- Client will demonstrate breath control for a minimum of 3 seconds when expressing personal needs
- Patient will demonstrate ability to produce clear vocal tones sufficient to support words related to medical needs with 70% accuracy (70 of 100)
- Patient will demonstrate ability to produce two tones above and two tones below optimal pitch when communicating basic medical needs

SHORT TERM GOALS - TRACH/VENT PATIENTS
- Patient will demonstrate the ability to deflate cuff and apply speaking valve prior to oral intake to increase airway protection during the swallow with 80% effectiveness (8 out of 10)
- Patient will demonstrate ability to increase airway protection during swallow by independently occluding tracheostomy tube during swallow with 80% effectiveness (8 of 10)

Electrolarynx
- Patient will demonstrate proper activation/deactivation of electrolarynx in conversational speech with 80% consistency by (date) (t)
- Without visual cue, listener will understand patient’s conversational speech with 80% consistency by (date) (t, l, v)
- Patient will demonstrate proper placement of electro larynx with 80% consistency during a 3-4 word response task by (date)
- Patient will verbalize proper technique for battery charging x3 by (date)
- Patient will use electrolaryngeal speech in conversation without audible stoma noise with 90% consistency by (date)
- Patient will demonstrate proper placement of electrolarynx with 90% consistency by (date)

Leak Speech
- Given visual cue from ventilator and verbal cue from clinician, the patient will demonstrate the ability to restrict airflow through the glottis on inspiration (maintaining peak inspiratory pressure of >25 cm H2O) with 70% consistency by (date) (v)
- Patient/Caregiver will demonstrate ability to independently deflate and inflate tracheostomy tube cuff x3 by (date) (v)
- Patient will demonstrate ability to speak on exhalation in a phrase repetition task given visual cue from ventilator with 70% consistency by (date). (t, v)
- Caregiver will independently demonstrate proper five steps toward cuff deflation associated with providing patient with verbal communication by (date). (v)
- Patient will tolerate cuff deflation (oxygen saturation of >90%; and respiratory rate of 16 (for 15 minutes x5 by (date) (v)
- Patient will independently perform 3 adduction exercises x10 by (date) (t, v)

Talking Tracheostomy Tubes
- Patient will demonstrate proper activation of gas supply with 70% consistency by (date)
- Patient will maintain a volume rating of >3 (Trating scale 1 to 5: 1=poor, 5=excellent) with 80% consistency by (date) (l, v)
- Patient will achieve voicing with talking tracheostomy tube with 50% consistency by (date) (l, v)
- Patient will respond to yes/no questions within 3 seconds beginning with hand in neutral position with 80% consistency by (date) (e)
- Caregiver will demonstrate proper cleaning procedure for talking tracheostomy tube x3 given written instructions by (date)
- Caregiver will demonstrate the ability to instruct and assist in patient’s completion of 10 oral exercises given written instructions by (date) (e, l, v)

One-way Speaking Valve
- Patient will tolerate one-way speaking valve (demonstrated by an oxygen saturation of >95%) for 20 minutes by (date)
- Patient/caregiver will demonstrate the ability to independently apply and remove one-way speaking valve x4 by (date)
- Given verbal cues, patient will demonstrate the ability to clean one-way speaking valve by (date)
- Patient/caregiver will demonstrate the ability to independently inflate and deflate tracheostomy tube cuff x3 by (date) (l)
- Patient will demonstrate adduction technique during one-way word responses to questions with 80% accuracy by (date) (l, t)
- Given written cues, the patient and/or caregiver will demonstrate the ability to make changes in ventilator settings to accommodate the one-way speaking valve x3 by (date) (l)

Indicates goals can be used for other methods of communication

e- electrolarynx    l- leak speech    t-talking tracheostomy tube    v- one way valve

AAC GOALS

SHORT-TERM GOALS
- Demonstrate ability to master basic maintenance and operations of device (on-off, adjusting menu features such as voice and display) with 100% accuracy (within 2 weeks)
- Demonstrate ability to program stored messages independently with 100% accuracy (within 2 weeks)
- Convey basic needs/make requests to caregivers, by spelling or retrieving pre-programmed message on device, independently and with 100% accuracy (within 2 weeks).
- Initiate social greetings, offer information, ask questions, express feelings and opinions through spelling and retrieving stored messages on device, during 1:1 and group situations with familiar and unfamiliar partners, independently and with 100% accuracy (within 3 weeks).
- Use strategies on device to expedite message production when sharing information or asking questions of medical personnel, independently and with 100% accuracy (within 3 weeks).