

# Setting successful goals

Goal setting is an important part of development and growth. As an NDIS plan is focused around the goals of the individual, goals play an important part of your NDIS toolbox and plan. When setting goals, it is important to consider the following:

- What skills does my child have that they can already build on?
- What skills does my child need?
- Are there skills that will have a positive impact on our whole family?
- As a family, are we likely to be successful at reaching this goal?

## What is a SMART goal?

For a goal to be SMART it needs to be:

### Specific

Rather than broad, usually target only one skill at a time

### Measurable

Identifying how you know if the goal has been met

### Achievable

Building on existing skill/knowledge

### Realistic

Relevant to child's level of development, realistic/functional for the child and manageable for the family

### Time bound

Short term goals that are concise and achievable within shorter time frames

## A SMART goal example

### Specific

**The specific goal your child will aim to accomplish.**

*"Using her toothbrush and toothpaste Janie will brush her teeth before bed."*

### Measurable

**How will you know when you have accomplished the goal? You must write the goal in a way that can be measured. Avoid using vague statements such as "know" or "understand". Use statements that are concrete and observable.**

*"Using her toothbrush and toothpaste, Janie will brush her teeth for one minute before bed."*

### Achievable

**How will this goal be accomplished? What support will you use?**

*"With gestural prompts using a visual schedule, Janie will use her toothbrush and toothpaste to brush her teeth for one minute before bed."*

### Realistic

**Is this a realistic goal for Jane? Is it practical and worth putting in the time and effort to accomplish?**

*"Janie can brush her teeth briefly. She will extend this by using her toothbrush and toothpaste and brushing her teeth for one minute before bed."*

### Time bound

**How often is this to be done? What accuracy rate will be used?**

*"Using a visual schedule, Janie will use her toothbrush and toothpaste to brush her teeth for one minute before bed 5 nights a week."*