

Utilizing AOTA's Practice Framework as a Guideline for Developing Functional Goals in Pediatric Practice

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Synopsis

- The Occupational Therapy Practice Framework provides a guide to life activities that constitute meaningful occupations, including basic and instrumental activities of daily living.
- The descriptions in the framework are well suited towards adult rehabilitation (Practice Framework, Table 1: Occupations), but do not as clearly reflect pediatric life skills for children with DCD and SPD.
- When seeking insurance reimbursement, goals that reflect childhood occupations and activities of daily living are very appropriate and can be used to justify continued OT services.
- Creating goals that can be easily incorporated into treatment sessions that are purposeful and fun leads to better participation and success!

Activities of Daily Living

Personal Hygiene and Grooming

"Obtaining and using supplies; washing, drying; styling hair; cleaning mouth; caring for nose; maintaining and transferring to and from bathing positions."

OT Goals & Activities

Animal doctor
Hair styling doll
Scooter board carwash
Water play/Bubble mountain
Step over a 12 inch block/rope
Brush Up toothbrush trainer app

Dressing

"Selecting clothing and accessories appropriate to time of day, weather and occasion; obtaining clothes from storage area; dressing and undressing in a sequential fashion; fastening clothing and shoes."

OT Goals & Activities

Tag Bags®
Dressing doll
Shoe don/doff/tie
Bear dress-up puzzle
Pretend play dress up
Coat/Sweatshirt don/doff
Tie anchor on 'boat' swing

Feeding

"Setting up, arranging, and bringing food or liquid from the plate or cup to the mouth, sometimes called self-feeding."

OT Goals & Activities

Playdoh
Tactile bins
Fun food snacks
Acorn Soup game
Crazy Cereal game
Feed the Woosle game
Milton Mealtime Companion™

Activities of Daily Living

Functional Mobility

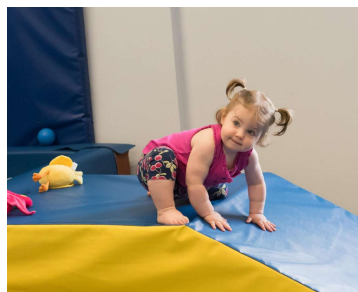
"Moving from one position or place to another (during performance of everyday activities) such as in-bed mobility, wheelchair mobility, and transfers (e.g. wheelchair, bed, car, shower, tub, toilet, chair, floor). Includes functional ambulation and transportation of objects."

Daily Functional Skills

Carrying toys
Navigating stairs
Climbing into bed
Getting into a chair
Climbing into a carseat
Safely climbing on & off toilet
Walking down hallway at school
Negotiating playground equipment
Sustaining balance on the school bus
Traversing the aisles in a grocery store
Transferring from one surface to another

OT Goals & Activities

Carry a glass of water to table without spilling
Walk down hallway avoiding objects on floor
Bring a game to the table without dropping
Scooter board around cones or blocks
Climb up onto a three foot platform
Operate an elevator with guidance
Transition off a swing to the floor
Complete hopscotch sequence
Bring an art project to mom
Come down a sliding board
Transfer in & out of a chair
Step up onto & off a stool
Ascend & descend stairs
Crawl through a tunnel
Ride a zipline



"Well written objectives are predictions about how a client will be different, in some meaningful way, as a result of intervention."

~Anita Bundy

Instrumental Activities of Daily Living

Communication Management

"Sending, receiving, and interpreting information using a variety of systems and equipment, including writing tools...computers and tablets, communication boards, augmentative communication systems..."



OT Goals & Activities

Mazes
IPAD apps
Fill out forms
Write a plan for session
White board obstacle courses
Motor skills (fine, visual and ocular) for AAC

Driving and Community Mobility

"Planning and moving around the community...such as walking, bicycling..."

OT Goals & Activities

Razor Scooter
Obstacle courses
Don/doff/snap helmet
Get on & ride bicycle/tricycle
Balance boards/Balance beams



Meal Preparation and Clean-up

"Planning, preparing, and serving well-balanced, nutritious meals and cleaning up food and utensil after meals."

OT Goals & Activities

Load the dishwasher
Empty a cup into the sink
Wipe the table after a snack
Use measuring cups & spoons
Utilize kid size utensils & scissors
Melissa & Doug food prep activities
Complete food and non-food recipes



References

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