

3. Client will be able to don shirt sitting EOB using the over-the-head method by 3/15/13.
4. Client will be able to button shirt with modified ① using a buttonhook by 3/18/13.
5. While sitting EOB, client will demonstrate independence in upper body dressing by 3/25/13.

As you can see, each of these STGs is measurable, observable, and client-action oriented. The first four STGs are steps to reach the ultimate LTG (Figure 15-1).

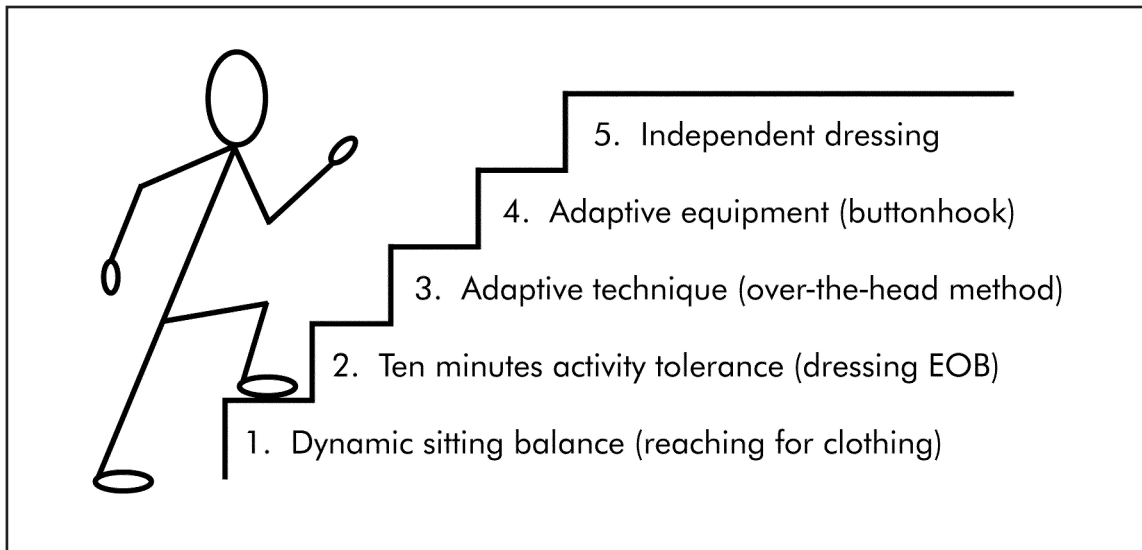


Figure 15-1. Steps to the ultimate LTG.

An intervention plan is always a work in progress, and you and the OT will collaborate to provide the most appropriate care. Unexpected events and conditions can impact the progress your client will be able to make toward his or her goals. The OT will modify the intervention plan as needed (based upon your feedback), as it is not useful to continue with a plan that is not working. In order to write appropriate goals and objectives in a way that can be measured, the elements to be included are very specific. The COAST format, developed by Gateley & Borcharding (2012) is a useful method as you are learning. The COAST format will help you to include all of the necessary components and can easily be adapted for the specific terminology and criteria used in different practice settings. Sometimes the order of the COAST elements may need to be changed slightly in order for your sentence to make sense. As long as all of the required elements are present, you can begin with any of the COAST elements—the client expectation, functional occupation, assist level, conditions, or timeline (Gateley & Borcharding, 2012).

Goal Writing: The COAST Method

C – Client	Client will perform
O – Occupation	What occupation?
A – Assist Level	With what level of assistance/independence?
S – Specific Condition	Under what conditions?
T – Timeline	By when?

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Now let us look at each of the COAST categories (Gateley & Borcharding, 2012).