

SMART PLUS (+) GOALS

SMART Goals are essential to providing high quality dementia care that is guided by the person and family’s values AND is clearly understood by all involved. The goal for care should be stated so that it is

Specific → Easy to understand and follow. Anyone who reads the goal will know exactly what is meant.

Measurable → Outcome is clear. You know exactly what needs to be achieved.

Attainable → Realistic and practical for those who are expected to achieve it.

Relevant → Fits the needs and values of the person and family, and also fits the care setting and context. It makes sense for all involved.

Time-Bound → Reviewed at set times to assure that the goal is still needed and fits the situation.

Think about who will do what, when, and how often? What outcome is desired? Is it said in a way that ALL caregivers know exactly what to do, even if they weren’t part of the care-planning process? It may help to start with the general idea, and work toward being SMART!

General	SMART
Doesn’t take medications with side-effects	In the next quarter, Dr Jones will review medication side-effects and interactions with Harvey’s wife Sally, including discussion of risks and benefits, and allow Sally to help decide if she wants to try the medication.
Is able to socialize with others	During day shift, nursing assistants will bring Harvey to social hour at 2 pm, seat him at the table with Sally, Joe, and Mary, and alert activity staff that he is present.
Have legal issues in order	Mrs. Jones will meet with her daughter and her attorney next week to confirm plans for her daughter to take over bill-paying responsibilities that Mr. Jones used to do.
Family caregiver (Sally) has more free time	Sally will schedule 2 hours every day from 1 to 3 pm to do activities she finds enjoyable, including but not limited to sleeping, shopping, playing cards, or visiting her friends, while Harvey is at day care.