

3 Practical Takeaways



If asked, what goals would children come up with?

Lessons from Metzler, M. J., Haspels, E., Brunton, L., Andersen, J., Pritchard, L., Herrero, M., ... & Kirton, A. (2021). Goals of children with unilateral cerebral palsy in a brain stimulation arm rehabilitation trial. *Developmental Medicine & Child Neurology*, 63(5), 584-591.

1

Children with higher UE test scores chose more leisure goals, while children with lower UE test scores chose more self-care goals

2

Only 6% of chosen goals were classified as “body function & structure”

- Like the children in the study, we should focus more on goals at the activity and participation levels

3

Involve children to set goals that matter to them

- Given the opportunity, children can set meaningful goals
- You can use formal tools for goal setting, such as the COPM or the COSA

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