

SMART goals for dementia rehabilitation are:



Specific

'I will walk to the newsagents every day to buy my daily paper'

Measurable

'I will remember the names of all 10 people in my bowls club'

Achievable

A goal to visit the library once a week might be unattainable if it is too far away

Relevant

Getting to know the person is essential to understand their priorities and what brings joy to their life

Time-Bound

Goals with a defined timeframe create a sense of purpose and accountability to achieve the goal