

Sample Parent Interview Questions for Setting Goals

1. I would like to start by hearing about your child. Can you tell me about how you see your child—what are his/her strengths, talents, and interests?
2. What are some of the main concerns you have at this time? What things create the most difficulty for your child and family?
3. What are some of your hopes in terms of the intervention program, that is, what do you hope to see change?
4. Based on your child's assessment, the findings suggest that some of your child's abilities are likely affected by [discuss the specific assessment findings in relation to the participation challenges; expand on these links by asking additional questions, such as "I notice that _____ seems to be hard for him/her. Have you noticed anything like this?" or "Can you tell me more specifically about (specific sensory–motor factors identified as areas of concern in the evaluation)?"]
5. What are some of the main hopes and goals you have for your child? Specifically, if you look ahead to the next 6 months or so [the time frame may vary depending on the situation], what would you like to see your child able to do?
6. Looking ahead to the end of these [give number of intervention sessions], it seems like it might be reasonable to aim for your child accomplishing [provide an initial estimate of expected performance at end of specified intervention]. Is this in line with your expectations?
7. We will be developing [at least] 5 main goals. Can you help me start that process by identifying the 5 areas we will address? [Identify these areas from the responses so far and from additional ideas from the parents.]
8. Review the 5 areas to be addressed with the parents and explain that the next step will be for the parents to review the goals after they are written into a format that includes the target of the expected outcome of the intervention and the levels that will reflect greater than and less than expected outcomes.

Source. From "Goal Attainment Scaling as a Measure of Meaningful Outcomes for Children With Sensory Integration Disorders," by Z. Mailloux, T. A. May-Benson, C. A. Summers, L. J. Miller, B. Brett-Green, J. P. Burke, . . . S. A. Schoen, 2007, *American Journal of Occupational Therapy*, Vol. 61, p. 257. Copyright © 2007 by the American Occupational Therapy Association. Used with permission.