



**Acquired
Brain Injury
Network**

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Hilton Toronto • Toronto

Conference Presentation Abstract ~ Workshop

Date/Time/Room: Tuesday, November 4, 2008 1:55 pm – 2:40 pm Carmichael / Jackson

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Title:

Using the Cognitive Orientation to Occupational Performance with Adults with ABI: A Primer

Authors:

Anne Hunt, MSc, Kunin-Lunenfeld Applied Research Unit, Baycrest Hospital
Deirdre Dawson, PhD, OT Reg (ON), Kunin-Lunenfeld Applied Research Unit, Baycrest Hospital / University of Toronto
Helene Polatajko PhD, OT Reg (ON), University of Toronto

Presenters:

Anne Hunt M.Sc., Research Assistant, Kunin-Lunenfeld Applied Research Unit, Baycrest Hospital
Helene Polatajko PhD, OT Reg (ON), Chair and Professor, Dept of Occupational Science & Occupational Therapy, University of Toronto

Summary:

This session will introduce participants to a contextualized, meta-cognitive rehabilitation approach that has demonstrated usefulness for improving daily function in adults with acquired brain injury. The Cognitive Orientation to Occupational Performance (CO-OP) was originally developed for use with children with developmental coordination disorder and combines cognitive behavioural approaches, meditational techniques and the participant-centred framework of occupational therapy. The general approach is one in which the participant is guided to use a meta-cognitive problem solving strategy across self-identified functional goals. In addition to findings from intervention studies, the Cognitive Orientation to Occupational Performance (CO-OP), approach is supported by four lines of evidence: (1) training in problem-solving has been shown to help children, and help adults with executive dysfunction, regulate their behavior; (2) verbal self-instruction has been effective in task-specific and problem-solving training; (3) participants do better when they are actively involved in setting their own goals; (4) rehabilitation effectiveness is enhanced when therapy is provided in context.

Pilot results indicate that the CO-OP approach can be learned and applied by adults with executive dysfunction in less than 20 sessions and that there is generalization to other areas of function. Data from 3 months post intervention show that the approach continues to be used over the longer term. The CO-OP approach demonstrates promise for rehabilitation with the adult ABI population and requires further study by a broader base of rehabilitation professionals.

Outcomes/Objectives:

In this workshop, clinicians will be introduced to a recent innovative intervention that shows promise for improving daily life outcomes in adults with ABI.

Specifically workshop participants will be able to:

- Describe the intervention “Cognitive Orientation to Occupational Performance (CO-OP)”;
- Demonstrate knowledge of the principles upon which CO-OP is based;
- Specify how this approach can be used with adults with ABI.