

Baycrest Enriching Care
Enhancing Knowledge
Enlightening Minds

**USING THE COGNITIVE ORIENTATION TO
OCCUPATIONAL PERFORMANCE WITH
ADULTS WITH ACQUIRED BRAIN INJURY:
A PRIMER**

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Definition

“A client-centred, performance based, problem solving approach that uses strategies identified through a process of guided discovery, to enable skill acquisition.”

Polatajko & Mandich (2004)

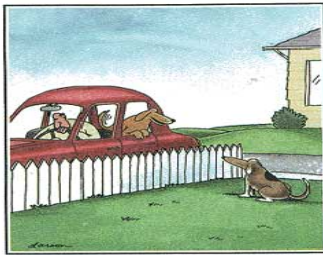
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Objectives

- Goal Acquisition
- Cognitive Strategy Use
- Generalization of Learning
- Transfer of Learning

Therapist Prerequisites

1. Client centred philosophy
2. Understanding of disabilities
3. Effective communication skills



"Ha ha ha, Biff. Guess what? After we go to the drugstore and the post office, I'm going to the vet's to get tutored."

Therapist Prerequisites

4. Skill in activity analysis
5. Commitment to working with family
6. Commitment to work in participant's environment
7. Understanding of learning theory

Participant Prerequisites

- Identification of three goals
- Sufficient language & cognitive ability
- Ability to commit to programme
- Behavioural responsiveness

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Significant Other Prerequisites

Commitment

Willingness to learn

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Key Features

1. Client Chosen goals
2. Dynamic performance analysis
3. Cognitive Strategy use
4. Guided discovery
5. Enabling principles
6. Significant other involvement
7. Intervention Format

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Key Feature I: Client Chosen Goals

Canadian Occupational Performance
Measure (COPM)

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Key Feature 1: Client Chosen Goals

- Cooking Healthy Meals
- Money Management
- Scheduling
- Accomplishing homework, work tasks
- Walking without aides
- Participating in recreation activities
- Dressing self
- Participating in regular home exercises

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Key Feature 2: Dynamic Performance Analysis

- Is the participant motivated?
- Do they know how to complete the task?
- Do they have the ability?

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Key Feature 3: Cognitive Strategy Use

- Global Strategies
- Domain Specific Strategies

Key Feature 4: Guided Discovery

- One thing at a time
- Ask don't tell
- Coach, don't adjust
- Make it obvious

Key Feature 5: Enabling Principles

- Make it fun!
- Promote learning
- Work toward independence
- Promote generalization


Key Feature 6: Significant Other Involvement

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"You dropped your day planner."

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Key Feature 7: Intervention Format

Initial Session: COPM Administration

Session 1: Goal Setting

Session 2: Introduce Goal-Plan-Do-Check

Sessions 3-20 Work!

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Key Feature 7: Intervention Format


Individual Session Format

Review of Global Strategy (Goal-Plan-Do-Check)

Acquisition Phase

Summary

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Review of Global Strategy Goal-Plan-Do-Check

What is the strategy that we are teaching you?

What does this mean?

Can you give me an example?

Acquisition Phase

- Individual Goal Review or Action Plans
- Alternate Plans
- Feedback
- Language

Summary Phase

- Summarize session
- Review homework
- Generalization exercise

Generalization exercise

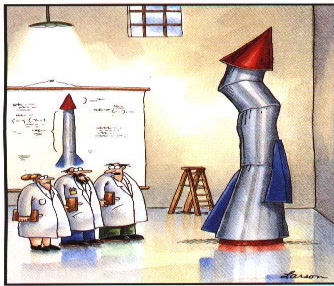
Sessions 1-10

How are you using Goal-Plan-Do-Check?

Summary Phase

Sessions 11-20

How will you use Goal-Plan-Do-Check after our sessions stop?



"It's time we face reality, my friends....
We're not exactly rocket scientists."

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GOAL-PLAN-DO-CHECK
