**[](http://www.ucc.ie/en/) Department of Occupational Therapy, UCC**

# Activity Analysis - Form 4

CLIENT – ACTIVITY INTERVENTION PLAN

Student: *Example*

Date:

Activity: *Making cookies from a recipe*

Course:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Client Occupational Profile and Referral

1. Client Occupational Profile
2. Identify Major Steps

# Section 2: Therapeutic Description

1. **Energy Patterns –** Describe the required energy levels in terms of light, moderate, or heavy work patterns and provide an explanation for the level specified.
2. **Activity Patterns –** Indicate the patterns of the activity expected for successful completion of the activity.

* Structural/Methodical/Orderly
* Repetitive
* Expressive/Creative/Projective
* Tactile

1. Contact with Others (e.g., hands-on, stand-by assist)
2. Materials (e.g., pliable, sensual)
3. Equipment (e.g., size, manageability, shape)
4. **Performance Patterns**
5. Habits
6. Routines
7. Roles

# Section 3: Therapeutic Application

1. **Population:** Discuss for whom and in what way increased occupational performance can be derived from the use of this activity. Consider the sensor, motor, cognitive, and psychosocial aspects. Identify any contraindications.
2. **Gradation – Describe ways to grade this activity in terms of:**
3. **Activity Sequence, Duration, and/or the Activity Procedures**
4. **Working Position of the Individual**
5. **Tools**
6. Position
7. Size
8. Shape
9. Weight
10. Texture
11. **Materials**
12. Position
13. Size
14. Shape
15. Weight
16. Texture
17. **Nature/Degree of Interpersonal Contact**
18. **Extent of Tactile, Verbal, or Visual Cues Used by Practitioner During Activity**
19. **The Teaching-Learning Environment**
20. **Therapeutic Modifications –** Indicate ways in which this activity may be changes to increase occupational performance. State your reasoning. Write n/a if not applicable. Definitions for the following terms can be found in Appendix B, *Uniform Terminology for Reporting Occupational Therapy Services, First Edition, “Therapeutic Adaptations”,* and *The Guide to Occupational Therapy Practice (AOTA, 1999).*
21. **Therapeutic Adaptations**
22. Orthotic Devices

If needed, an orthotic device or splint could be created to help the client grasp the spatula.

1. Prosthetic Devices
2. Assistive Technology and Adaptive Devices
3. Architectural Modification
4. Environmental Modification
5. Tool and Equipment Modification (low-tech [e.g. reacher] or hi-tech [e.g. computer control devices)
6. Wheelchair Modification
7. **Prevention**
8. Energy conservation
9. Energy-Saving Procedures
10. Activity Restriction
11. Work Simplification
12. Time Management
13. Environmental Organisation
14. Joint Protection/Body Mechanics
15. Using Proper Body Mechanics
16. Avoiding Static/Deforming Posture
17. Avoiding Excessive Weight Bearing
18. Positioning
19. Balance of Performance Areas to Facilitate Health and Well-Being
20. Enhancement of Occupational Performance Areas
21. Satisfaction of Client and /or Caregiver
22. Quality of Life