

0472

Cognitive Orientation to daily Occupational Performance (CO-OP): An update on advancements

Helene Polatajko¹, Angela Mandich¹

¹University of Toronto, Toronto, Ontario, Canada, ²University of Western Ontario, London, Ontario, Canada

Cognitive Orientation to daily Occupational Performance (CO-OP) is a performance-based, client-centred, problem solving approach to intervention that was initially designed to help children with Developmental Coordination Disorder (DCD) overcome difficulties with motor skill acquisition. CO-OP was first introduced on the international stage at the 2002 WFOT congress in Sweden. Since then, numerous advancements have emerged. The approach is no longer limited to use with school aged children with developmental co-ordination disorder (DCD); it has been extended for use with several other populations, both children and adults, and has helped to shed new light on the acquisition of motor-based occupational skills.

The **learning objectives** of this 1.5 hour update workshop is threefold:

- 1 - to introduce participants to the key features of the approach,
- 2 - to describe the research findings from investigations of its applicability with pre-schoolers with DCD, children with Asperger's Syndrome, Acquired Brain Injury and Cerebral Palsy and adults with Brain Injury and Stroke, and
- 3 - to discuss the learnings from this research, in particular from strategy use.

Using **multiple interactive teaching methods** including: lecture, video clips, experiential exercises and discussion, participants will learn about the research findings, in particular, the key role strategies play in skill acquisition and performance change and the implications these findings have for our understanding of occupational performance and its enablement.

This workshop will encourage participants to examine their perspective on occupational performance and consider a paradigm shift from the remediation of deficits to the enablement of task performance.