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## **Occupational Performance Coaching: Enabling occupational performance in families**

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### **Introduction**

Occupational Performance Coaching (OPC) is a recently described intervention (Graham & Rodger, in press; Graham, Rodger, & Ziviani, under review) that has been designed by and for occupational therapists working with families to enable occupational performance.

### **Objectives**

The objectives of this study were to (1) evaluate the effectiveness of OPC in assisting parents' goal achievement, improving problem solving skills and wellbeing, and (2) explore parents' experience of undertaking OPC intervention.

### **Methods**

29 parents completed up to 8 individual sessions of OPC. Using a single-factor repeat-measures design measures were taken at 4 time-points (two pre-, two post-intervention) over three months. Occupational performance, goal attainment, parent perceived competence and problem solving ability were examined. A post intervention survey questioned parents about their experience of OPC.

### **Results**

Significant improvement occurred for parents in: occupational performance ( $p > 0.0001$ ); goal attainment; parental problem solving style ( $p = 0.0132$ ); and parental sense of competence ( $p > 0.0001$ ) and was maintained at a 6 week follow up. Changes in parents' approach to problems indicated a shift toward more refined teaching and learning methods with children and an increase in shared decision making within families. Engagement in OPC was a positive experience for parents with benefits reported in areas beyond the issues identified as goals.

### **Conclusion**

Research evidence presented supports the use of OPC to improve children's occupational performance and parental wellbeing. Parents' feedback suggests that OPC is an acceptable intervention to parents presenting with concerns about their children's occupational performance.

### **Contribution to practice and the evidence base of occupational therapy**

OPC is an alternative intervention for therapists working toward improved occupational performance of children and families. Findings challenge conventional approaches to enabling families. OPC enables therapists to be both family- and occupation-centered while being evidence-based in their choice of intervention.

Graham, F., & Rodger, S. (in press). Occupational Performance Coaching: Enabling children's and parents' occupational performance. In S. Rodger (Ed.), *Occupation-centred practice with children*. Oxford: Wiley-Blackwell.

Graham, F., Rodger, S., & Ziviani, J. (under review). Occupational Performance Coaching with parents of children with performance issues: 3 Case Reports. *Physical & Occupational Therapy in Pediatrics*.