

### **Cognitive Orientation to Occupational Performance – (CO-OP)**

CO-OP is an evidenced based client centred, performance based problem solving approach that enables skill acquisition through a process of strategy use and guided discovery. CO-OP focuses on teaching the child and family how to use cognitive strategies to improve occupational performance of tasks (motor-based) that impact on their daily lives. A key component of the CO-OP is that the child chooses the goal and is therefore motivated to complete it.

The global strategy of CO-OP Goal - Plan - Do - Check is to provide supports to perform an activity, remind you to check if the activity is carried out correctly and if the plan worked well.

**Goal** – What do I want to do/achieve?

**Plan** – How am I going to do it? (Task analysis – breaking down the task in to small steps / stages)

**Do** – Carry out the task

**Check** – How well did my plan work? (Involves the child self-evaluating and guided discovery)

#### Useful Tips:

- There is no right or wrong way of completing tasks
- Allow the child to be creative in her solutions.
- Cognitive strategies work best when children lead. However, provide enough support and encouragement to ensure success.
- Prompt with a clue rather than give a solution e.g. rather than “your top is the wrong way” say “have a look, is your top on the right way?”
- Using an i-pad or similar to record the activity can be useful to help children analyse what is going well and what bits they need to practice