CANADIAN OCCUPATIONAL PERFORMANCE MEASURE

Authors:

Mary Law, Sue Baptiste, Anne Carswell, Mary Ann McColl, Helene Polatajko, Nancy Pollock

The Canadian Occupational Performance Measure (COPM) is an individualized measure designed for use by occupational therapists to detect self-perceived change in occupational performance problems over time.

Client Name:						
Age:	Gender:	ID#:				
Respondent (if not client):						
Date of Assessment:	Planned Date of Reassessment:	Date of Reassessment:				
Therapist:						
Facility/Agency:						
Program:						

STEP 1: IDENTIFICATION OF OCCUPATIONAL PERFORMANCE ISSUES

To identify occupational performance problems, concerns and issues, interview the client, asking about daily activities in self-care, productivity and leisure. Ask clients to identify daily activities which they want to do, need to do or are expected to do by encouraging them to think about a typical day. Then ask the client to identify which of these activities are difficult for them to do now to their satisfaction. Record these activity problems in Steps 1A, 1B, or 1C.

STEP 2: RATING IMPORTANCE

Using the scoring card provided, ask the client to rate, on a scale of 1 to 10, the importance of each activity. Place the ratings in the corresponding boxes in Steps 1A, 1B, or 1C.

IMPORTANCE

STEP 1C: Leisure			1	MPORTANCE		
Quiet Recreation (e.g., hobbies, crafts, reading)						
Active Recreation (e.g., sports, outings, travel)						
Socialization (e.g., visiting, phone calls, parties, correspondence)						
STEPS 3 & 4: SCORING - INITIA	L ASSESSMENT	and REASSESS	SMENT			
Confirm with the client the 5 most important problems and record them below. Using the scoring cards, ask the client to rate each problem on performance and satisfaction, then calculate the total scores. Total scores are calculated by adding together the performance or satisfaction scores for all problems and dividing by the number of problems. At reassessment, the client scores each problem again for performance and satisfaction. Calculate the new scores and the change score.						
Initial Assessment:			Reassessme	ent:		
OCCUPATIONAL PERFORMANCE PROBLEMS:	PERFORMANCE 1	SATISFACTION 1	PERFORMANCE 2	SATISFACTION 2		
1.						
2.						
3.						
4.						
5						
SCORING:	PERFORMANCE	SATISFACTION	PERFORMANCE	SATISFACTION		

SCORE 1

SCORE 1

CHANGE IN PERFORMANCE = Performance Score 2

- Performance Score 1

- Satisfaction Score 1 =

SCORE 2

SCORE 2

CHANGE IN SATISFACTION = Satisfaction Score 2

of problems

Total performance or satisfaction

scores

Total

score

ADDITIONAL NOTES AND BACKGROUND INFORMATION

Initial Assessment: