

# Cognitive Orientation to Daily Occupational Performance Approach (CO-OP)

For children with Developmental Coordination Disorder (DCD)

## Evidence summary

A task-oriented intervention that uses problem-solving and thinking strategies to achieve my goals. It helps me to learn to do everyday activities and can be delivered in my usual environments, like home and school.



## Who does this help?

There is strong evidence supporting the use of CO-OP to help young people with DCD achieve their goals, as well as to apply what is learned to other life areas.

However, the impact of CO-OP can be a little bit different for those who have DCD and another diagnosis – so consider this in my planning. There is also growing evidence that CO-OP can be helpful for young people with Autism, Cerebral Palsy, Attention Deficit and Hyperactivity Disorder and Down's Syndrome.

## What does CO-OP look like?

There are five key elements:

- 1 Client centred occupation focused goals:** choose three goals to work on
- 2 Dynamic performance analysis:** understanding why the tasks I'm working on are challenging
- 3 Cognitive strategy use:** I can problem solve and apply my own solutions by going through a 'goal-plan-do-check' process
- 4 Guided discovery:** I get help to problem solve from my therapist
- 5 Enabling principles:** My therapist can help me apply what I have learned in other areas



# What equipment do I need?



It can be helpful to use a goal setting tool with my therapist to help me identify the things I want to be able to do that are most important to me.



Outcome measures – to understand how close I am to achieving my goals.



My own items that help me to participate in my goal, and things that help me remember and focus – puppets, pens and paper.

# What promotes success?

I need to be at least 4 years old

I need to be able to problem solve and come up with ideas

I need to be able to communicate things like - what I am doing, where I find things challenging, and what I could do differently

I need to be ready to work on three goals

Using CO-OP strategies between appointments

It is recommended my therapist is CO-OP trained

# How much how often?

- Weekly sessions for 45–60 minutes
- 10–12 sessions in total
- And homework between sessions



More information can be found online. Scan the QR code to find out more.

