

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 ready to work on three goals
- Using CO-OP strategies between appointments
- I need to be able to communicate things like - what I am doing, where I find things challenging, and what I could do differently
- 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. Click on the button below

[Find out more](#)

