

# Canadian Occupational Performance Measure

## What's the purpose?

The Canadian Occupational Performance Measure helps you and your occupational therapist identify activities important to you in your daily life to work on in therapy. It takes between 15 and 45 minutes to complete.

## What do I have to do?

Your therapist will ask you about:

- Personal care (dressing, bathing, feeding, hygiene)
- Functional mobility (transfers, indoor and outdoor mobility)
- Community management (transportation, shopping, finances)
- Paid and unpaid work (finding/keeping a job, volunteering)
- Household management (cleaning, laundry, cooking)
- Play/School (play skills, homework)
- Quiet recreation (hobbies, crafts, reading)
- Active recreation (sports, outings, travel)
- Socialization (visiting, communication, events)

After discussing the activities listed above, you will select 5 activities that you want to work on in therapy. You'll rank these activities by how important they are to you. You'll also give each activity a score between 1 (least satisfied) and 10 (most satisfied) based on how well you do that activity right now.



## What does my score mean?

After spending some time working with your therapist on the 5 activities you chose, you will give each a new score based on how well you can do the activities now. Changes in the scores will show where you have made improvements and where you still need to do some work.

*Have a conversation with your therapist about what the results mean for you.*

To see a full summary of this instrument and more, visit [sralab.org/rehabilitation-measures](http://sralab.org/rehabilitation-measures).  
Questions? Email [rehabmeasures@sralab.org](mailto:rehabmeasures@sralab.org) or call 312.238.2802