

CANADIAN OCCUPATIONAL PERFORMANCE MEASURE

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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.

STEP 1A: Self-care

Personal Care

(e.g., dressing, bathing, feeding, hygiene)

Functional Mobility

(e.g., transfers, indoor, outdoor)

Community Management

(e.g., transportation, shopping, finances)

IMPORTANCE

STEP 1B: Productivity

Paid/Unpaid Work

(e.g., finding/keeping a job, volunteering)

Household Management

(e.g., cleaning, laundry, cooking)

Play/School

(e.g., play skills, homework)

STEP 1C: Leisure

Quiet Recreation

(e.g., hobbies, crafts, reading)

Active Recreation

(e.g., sports, outings, travel)

Socialization

(e.g., visiting, phone calls, parties, correspondence)

IMPORTANCE

STEPS 3 & 4: SCORING - INITIAL ASSESSMENT and REASSESSMENT

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:

OCCUPATIONAL PERFORMANCE PROBLEMS:

1. _____
2. _____
3. _____
4. _____
5. _____

PERFORMANCE 1

SATISFACTION 1

Reassessment:

PERFORMANCE 2

SATISFACTION 2

SCORING:

Total score = $\frac{\text{Total performance or satisfaction scores}}{\text{\# of problems}}$

PERFORMANCE SCORE 1

SATISFACTION SCORE 1

PERFORMANCE SCORE 2

SATISFACTION SCORE 2

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=

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CHANGE IN PERFORMANCE = Performance Score 2 - Performance Score 1 =

CHANGE IN SATISFACTION = Satisfaction Score 2 - Satisfaction Score 1 =

ADDITIONAL NOTES AND BACKGROUND INFORMATION

Initial Assessment:

Reassessment: