Table of Contents

Foreword
CHAPTER 1 Helping children achieve
Introducing CO-OP
Why was CO-OP developed?
Search for a new approach
CHAPTER 2
Perspectives on enabling children: Foundations for CO-OP
Introducing the foundations
The International Classification of Functioning, Disability, and Health (ICF) 19
Evidence-based Practice
Client-centredness. 2
Occupational performance
Learning Theory
Motor Learning and Performance
CHAPTER 3
The CO-OP protocol: Doing it!
The CO-OP objectives48
The CO-OP prerequisites
The seven key features of CO-OP
Key Feature 1: Client-chosen goals
Clinical example: Dorothy's chosen goals
Key Feature 2: Dynamic Performance Analysis (DPA)
Clinical example: Dorothy's DPA for skipping rope
Key Feature 3: Cognitive Strategy Use
Clinical example: Dorothy's Strategy Use
Key Feature 4: Guided discovery80
Clinical example: Using guided discovery with Dorothy8
Key Feature 5: Enabling principles
Key Feature 6: Parent or significant other involvement
Kev Feature 7: Intervention format

CHAPTER 4
CO-OP Case Scenarios
Case Scenario 1: Jordan, a child with Developmental Coordination Disorder 108
Case Scenario 2: Matthew, a younger child with Developmental Coordination
Disorder
Case Scenario 3: Peter, a child with epilepsy128
Case Scenario 4: Colin, a child with Attention Deficit Hyperactivity Disorder 134
Case Scenario 5: Scott, an adult with handwriting difficulties
Case Scenario 6: Application of CO-OP in a group setting
Case Scenario 7: Training a parent using a consultation model144
CHAPTER 5
The CO-OP Toolkit151
A Day In My Life: The Daily Activity Log
The Paediatric Activity Card Sort (PACS)153
The Canadian Occupational Performance Measure (COPM)
The Performance Quality Rating Scale (PQRS)155
The Dynamic Performance Analysis Record (DPAR)
Using a puppet
Using strategy sheets
Certificate of Completion of CO-OP Intervention
CHAPTER 6
Self Study Guide173
References

Figures

Figure 1	The fundamental elements of CO-OP3
Figure 2	The imperatives for a new approach7
Figure 3	Foundations of CO-OP18
Figure 4	International Classification of Functioning, Disability, and Health (ICF) \dots 20
Figure 5	The Canadian Model of Occupational Performance (CMOP)27
Figure 6	Cognitive stage of Motor Learning
Figure 7	The Associative and Autonomous stages of Motor Learning37
Figure 8	The Model of Performance Complexity41
Figure 9	Key features of the CO-OP approach52
Figure 10*	Key features supporting CO-OP objectives53
Figure 11a*	Key features of the CO-OP approach – Client-chosen goals55
Figure 11b	Key features of the CO-OP approach – Dynamic Performance Analysis61
Figure 11c	Key features of the CO-OP approach – Cognitive Strategy Use67
Figure 11d	Key features of the CO-OP approach – Guided Discovery
Figure 11e	Key features of the CO-OP approach – Enabling principles
Figure 11f	Key features of the CO-OP approach – Parent involvement
Figure 11g	Key features of the CO-OP approach – Intervention format100
Figure 12*	Dynamic Performance Analysis (DPA) Decision Tree63
Figure 13	Commander GOAL-PLAN-DO-CHECK69
Figure 14a	The CO-OP Global Strategy Use Process
Figure 14b	The CO-OP Domain Specific Strategy Use Process74
Figure 15	CO-OP Domain Specific Strategies – VG [BATS For 2Vs]75
Figure 16	Strategy checklist for writing117
Figure 17	Jordan's Strategy Summary Sheet118
Figure 18	My personal goal sheet121
Figure 19	Matthew's Strategy Summary Sheet
Figure 20	Peter's Day Planner Checklist
Figure 21	Colin's Strategy Summary Sheet138
Figure 22	CO-OP in a group setting: Daily sheets142
Figure 23	CO-OP in a group setting: Children's specific strategies
Figure 24*	A Day In My Life: Daily Activity Log152
Figure 25*	PQRS 10-point rating scale156
Figure 26*	PQRS Magnitude of change scale156

Figure 27*	Dynamic Performance Analysis Record	.158
Figure 28*	Example sheet visual cues for Goal-Plan-Do-Check	.16
Figure 29	Strategy sheet example A	162
Figure 30	Strategy sheet example B	16
Figure 31*	The CO-OP Strategy Observation Checklist for therapists	164
Figure 32*	Tips for using strategies	166
Figure 33*	Tips for school and play activities	.167
Figure 34*	Tips for better handwriting	168
Figure 35*	Certificate of Completion of CO-OP Intervention	169

CO-OP Toolkit CD-ROM



Included on the CO-OP ToolKit CD-Rom at the back of this book are the following:

- The key features supporting CO-OP objectives chart
- The complete key features chart
- The Daily Activity Log
- The Performance Quality Rating Scale (PQRS)
- The PQRS Magnitude of Change Scale
- The Dynamic Performance Analysis Record (DPAR) form
- The Dynamic Performance Analysis Decision Tree
- Strategy Development Tools including:
 - The CO-OP Strategy Observation Checklist for therapists
 - Examples of visual cues for the GOAL-PLAN-DO-CHECK strategy
 - Tips for using strategies
 - Tips for school and play activities
 - Tips for better handwriting
- Template for the Certificate of Completion of CO-OP Intervention

^{*} these figures are included on the accompanying CD-Rom