
THE CLIENT

THE KEY TO CONDUCTING AN OCCUPATION-BASED ACTIVITY ANALYSIS

OBJECTIVES

1. Understand what aspects of the client are key to conducting an occupation-based activity analysis.
2. Identify how client values, beliefs, and spirituality influence participation in occupations and activities.
3. List the information gathered during an occupational profile.
4. Explain how the client's physical, social, cultural, personal, temporal, and virtual contexts can influence performance in occupations and activities.
5. Understand how performance patterns such as habits, routines, rituals, and roles all influence participation in occupations and activities.

Activities can be examined from the perspective of the typical demands of activity or with the client's perspective or contexts in mind. Activities themselves do not lie in isolation but are woven into individual lives with distinct features and demands based on the physical and social environment the person performs the activity in. In order to understand the demands of an activity as a client needs and wants to do it, an occupation-based activity analysis must be completed. This chapter focuses on the unique characteristics of occupation-based activity analysis and how it is conducted. The activity demands are examined from the perspective of the objects and properties, space, social demands, sequence and timing, and actions the client uses to participate in

the occupation. It also examines the contexts that support or inhibit participation in the occupation. This includes examining the cultural, personal, temporal, virtual, physical, and social contexts. The client's interests, values, beliefs, and spirituality also influence elements of participation. The performance patterns, such as the habits, routines, rituals, and roles, may also play an important part in engaging in the occupation.

ACTIVITY DEMANDS REDEFINED

In order to understand how an occupation is defined by a client, each of the activity demands of the occupation the client needs or wants to do must be examined and how they manifest within the client's life. In order to do this, the process in which the activity analysis is conducted is slightly different, in that instead of understanding just an activity, you are becoming aware of the client and how he or she defines an occupation. In Chapter 1, the seven basic steps to an activity analysis were introduced. In an occupation-based activity analysis, step 1 becomes occupation awareness and requires a deeper analysis.

OCCUPATION AWARENESS

The first step to understanding an activity that has meaning to your client (an occupation) is to gain an understanding of how your client defines that occupation. In Chapter 2, the areas of occupation were defined as they are listed in the *Occupational Therapy*