

ApplyEBP's 3 Practical Takeaways

From the article: *Occupation-and Activity-Based Interventions to Improve Performance of Activities of Daily Living, Play, and Leisure for Children and Youth Ages 5–21: A Systematic Review.*

Laverdure, P. & Beisbier, S. (2021). American Journal of Occupational Therapy, 75(1):7501205050.

Evidence-Supported Interventions for ADL, Play and Leisure

1

Strong Evidence

Use cognitive supports to improve participation

- ✓ Coaching and feedback with home practice
- ✓ Caregiver training and home practice
- ✓ Collaborative goal setting, instruction & feedback

2

Strong Evidence

Use functional mobility activities and structured exercise programs to improve functional mobility

- ✓ Progressive supervised center-based or home-based physical fitness activities with counseling
- ✓ Treadmill and static bike training

3

Use video modeling to improve ADL participation and performance