

# 3 Practical Takeaways



## Why you should let your clients drive their own interventions!

### *Young adults' view of The CO-OP Approach™*

Öhrvall, A. M., Bergqvist, L., Hofgren, C., & Peny-Dahlstrand, M. (2020). "With CO-OP I'm the boss"—experiences of the cognitive orientation to daily occupational performance approach as reported by young adults with cerebral palsy or spina bifida. *Disability and rehabilitation*, 42(25), 3645-3652.

### **1 You'll help them see themselves as capable problem-solvers**

- Guiding them to explore their own solutions builds their confidence
- This confidence will give them the motivation to undertake and complete tasks

### **2 You'll make them think analytically about their performance**

- Asking reflective questions, instead of just showing them how to do something, will make them think about what worked, what did not and what needs to be done

### **3 You'll support generalization of skills to other situations**

- Using CO-OP's Global Strategy of Goal-Plan-Do-Check becomes "a habit" to them
- When faced with new challenges, they can use the strategy you provided them

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