

CO-OP Approach for Stroke Recovery

Your healthcare provider may use the Cognitive Orientation to Daily Occupational Performance or the “CO-OP Approach” to help you recover from your stroke.

How is the CO-OP Approach different?

Your healthcare provider may ask you questions to get you thinking about the steps you take to work towards your goals. They may give you tips and ideas to guide you instead of doing things for you.

The CO-OP Approach helps you problem solve ways to learn new skills and reach your goals.

How does it work?

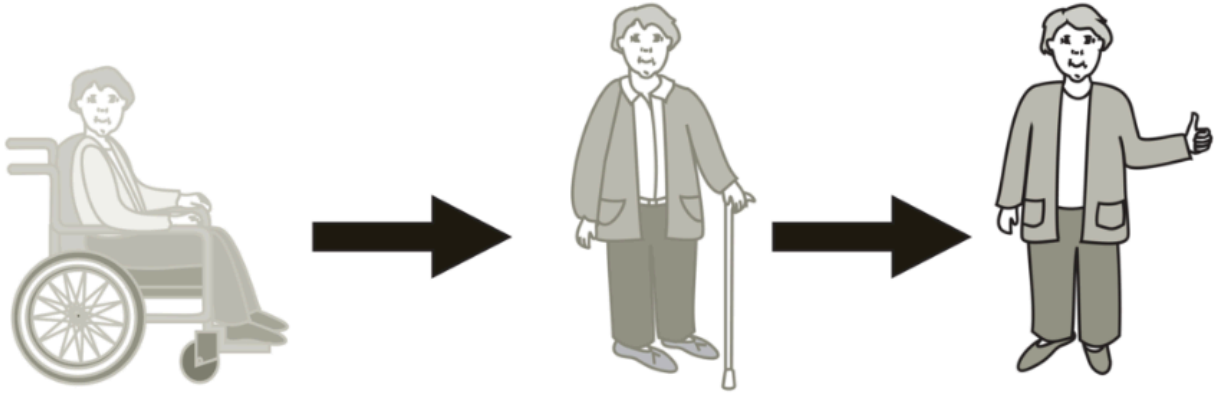
We will teach you these steps to help you work on your goals:

1. Goal - What do you want to do?
2. Plan - How do you achieve it?
3. Do - Complete your plan.
4. Check - Did you do your plan? Did it work?
5. If your plan didn't work, return to step 2 and try a new plan.
6. If you reached your goal, choose a new one.

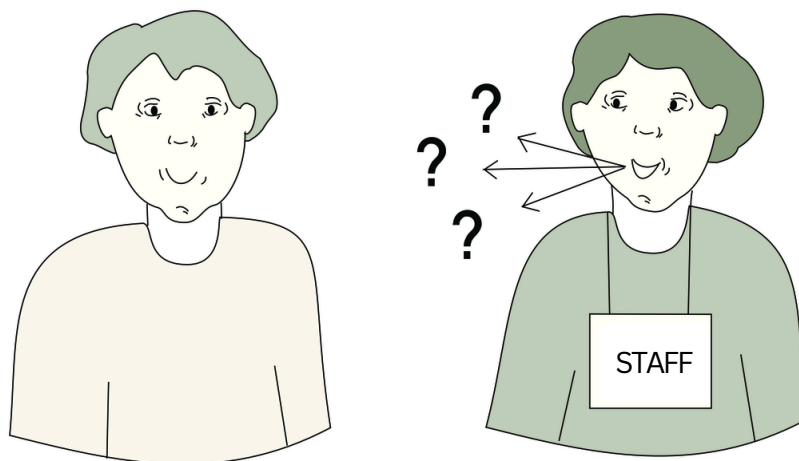
When you think and problem solve while learning new skills, you...

- ✓ learn better,
- ✓ learn faster, and
- ✓ use what you learn in other areas of your daily life.

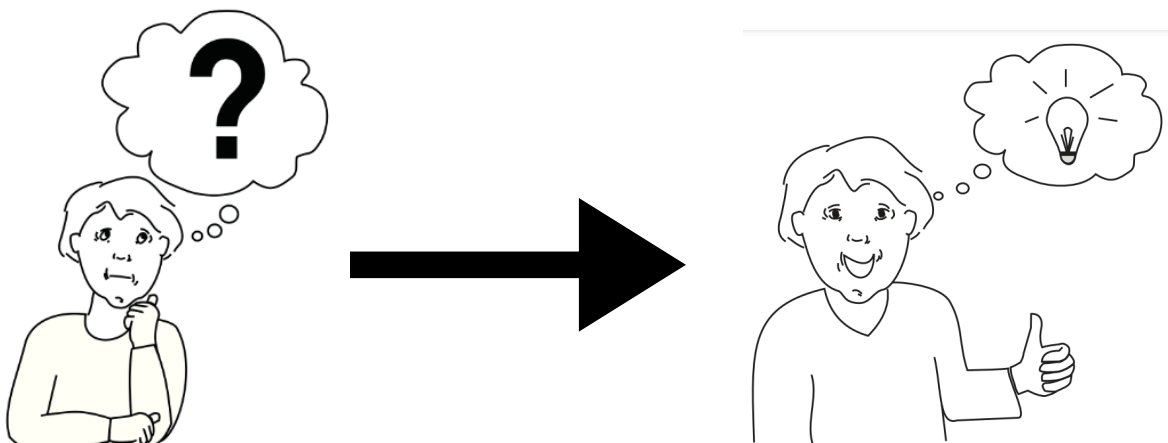
The CO-OP Approach can help you **reach your goals.**



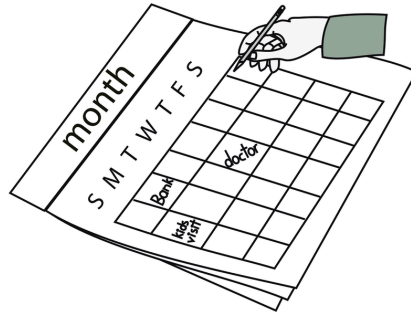
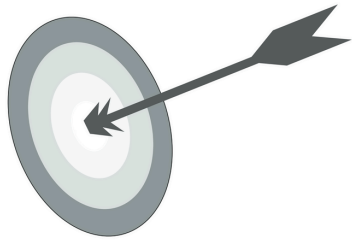
Your healthcare provider **asks you questions.**



This helps you **problem solve** and **learn new skills.**



Goal-Plan-Do-Check can help you reach your goals:



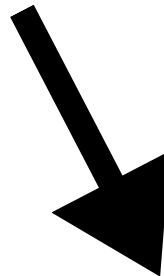
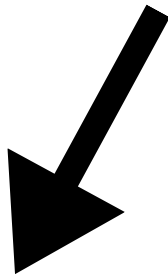
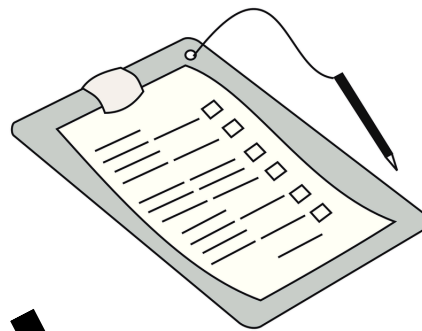
1. Set a **Goal**

2. Make a **Plan**

3. **Do** your plan

4. **Check:**

Did you reach your goal?



Yes

Set a **new goal**.



No

Make a **new plan**.