

OCCUPATIONAL PERFORMANCE ISSUES (OPIs) & GOAL SETTING

Supporting the completion of the Canadian Occupational Performance Measure[®] with persons with stroke



CASE EXAMPLE: Mr R

62 year old man, independent in all activities of daily living (ADLs) and instrumental (ADLs) at baseline. Works as an English professor at the university and drives. He had a left middle cerebral artery stroke 3 days ago and is currently in an acute care hospital. He presents with:

1. Montreal Cognitive Assessment (MOCA) score: 19/30 – errors made in clock drawing, language fluency and repetition, and delayed recall
2. Difficulty with expressive language
3. Right hemiparesis: Chedoke-McMaster Stroke Assessment (CMSA) stages: arm=3, hand=2, leg=3
4. Transfers: 2 persons moderate – maximal assistance to pivot transfer
5. AlphaFIM[®] score: 59

AT A GLANCE

OPIs

- “An occupation that a person wants to do, needs to do or is expected to do, but can’t do, doesn’t do, or isn’t satisfied with the way they do.”¹

GOALS

- An aim or objective that a person plans to achieve within a certain period of time.



What are some possible OPIs and goals?

Please see the reverse side for sample OPIs and prompts.

****Remember to use the person’s words**

1. What is an Occupational Performance Problem?. COPM. (2021, March 10). [An aim or objective that a person plans to achieve within a certain period of time.](#)

OPI (documented on COPM)	Breaking Down OPIs	How to Write the Goal
I want to walk my grandchildren to school	<p>Prompt: Thank you for sharing what is important to you. In order to do this, what do you need to be able to do first?</p> <p>Sample responses:</p> <ul style="list-style-type: none"> • I need to roll over • I need to sit up • I need to stand • I need support (ie. person vs aid/adaptive equipment) 	<p>Short Term Goal:</p> <ul style="list-style-type: none"> • Mr. R will be able to roll over in bed independently in 5 days • Mr. R will be able to rise to stand from supported sitting with 1 minimal assist in 1 week <p>Long Term Goal:</p> <ul style="list-style-type: none"> • Mr. R will be able to ambulate to the washroom (10 metres) with a 4 wheeled walker and 1 minimal assist in 4 weeks
I can't drive	<p>Prompt: Thank you for sharing what is important to you. In order to do this, what do you need to be able to do first?</p> <p>Sample responses:</p> <ul style="list-style-type: none"> • I need to sit up • I need to be able to get in and out of the car • I need to be able to hold and turn the steering wheel • I need to be able to press the accelerator and the brake • I need to be able to pay attention to moving traffic while controlling the car • I need to be able to see the road, traffic lights, signs, other vehicles and pedestrians 	<p>Short Term Goal:</p> <ul style="list-style-type: none"> • Mr. R will be able to transfer from standing with a walker to to a low seat with 1 minimal assist in 5 days • Mr. R will be able to grip and release a steering wheel independently in 5 days • Mr. R will be able to scan from left to right and right to left independently identifying visual targets on both sides in 1 week <p>Long Term Goal:</p> <ul style="list-style-type: none"> • Mr. R will be able to attend drivers' rehabilitation at the Functional Assessment Centre in 4 months
I can't talk on the phone with my friend	<p>Prompt: Thank you for sharing what is important to you. In order to do this, what do you need to be able to do first?</p> <p>Sample responses:</p> <ul style="list-style-type: none"> • I need to project my voice • I need to say words clearly • I need to put words together • I need to find the right words 	<p>Short Term Goal:</p> <ul style="list-style-type: none"> • Greet family/friends • Greet an unfamiliar communication partner with speech clarity strategies • Generate 3-5 short sentences/phrases about current world events <p>Long Term Goal:</p> <ul style="list-style-type: none"> • Engage in a 10 minute telephone conversation with a friend
I want to go back to my job	<p>Prompt: Thank you for sharing what is important to you. In order to do this, what do you need to be able to do first?</p> <p>Sample responses:</p> <ul style="list-style-type: none"> • I need to plan my lessons • I need to make slides • I need to give lectures and manage my slides • I need to meet with students • I need to be able to evaluate their work 	<p>Short Term Goal:</p> <ul style="list-style-type: none"> • Mr. R will read a chapter of the course text book and identify the 10 key points with guidance in 3 weeks • Mr. R will create a lecture slide from a chapter of the course textbook with minimal assistance in 5 weeks <p>Long Term Goal:</p> <ul style="list-style-type: none"> • Mr. R will be a guest lecturer at the university where he will present a 10 minute talk that he prepares independently in 4 months
I want to use my right arm and hand better (e.g. text)	<p>Prompt: Thank you for sharing what is important to you. In order to do this, what do you need to be able to do first?</p> <p>Sample responses:</p> <ul style="list-style-type: none"> • I need to get my phone from the table • I need to pick up and let go of my phone • I need to be able to use the touchscreen 	<p>Short Term Goal:</p> <ul style="list-style-type: none"> • Mr. R will be able to reach for items on his bedside table independently with his right arm, using his left hand for support in 1 week • Mr. R will be able to grasp and release the phone with his right hand independently in 2 weeks <p>Long Term Goal:</p> <ul style="list-style-type: none"> • Mr. R will be able to send a text to his contact with his right hand independently in 2 months