

Occupational Performance Coaching (OPC) Discharge Report Template

[Date]

Client and other details required by service

This report summarises [profession description] work undertaken between [date-date] with client.

[Client name] was seen [number of sessions] times over [date period] in-person/via phone/via video-conference [delete as needed]. The primary intervention engaged in was Occupational Performance Coaching (OPC: Graham, Rodger, & Ziviani, 2009), which targets clients' personally valued goals in daily life activities and contexts. OPC prioritises client values, perceptions and decisions on action in goal-related situations.

Graham, F., Rodger, S., & Ziviani, J. (2009). Coaching parents to enable children's participation: An approach for working with parents and their children. *Australian Occupational Therapy Journal*, 56(1), pp. 16-23.

[Client name] Goals

[Client name] identified the goals listed below in our work together. Goal progress was measured using the Canadian Occupational Performance Measure (COPM: Law et al., 2005), an interview-based self-assessment of success with performance of personally valued life activities and satisfaction with this performance. COPM scores are presented from our first and our last meeting, labelled 'before and 'after' below. Change scores of two or more points are considered clinically significant (Law, et al., 2005), however [client name's] description of change is a more sensitive indicator of change that occurred.

Law, M., Baptiste, S., Carswell, A., McColl, A., Polatajko, H., & Pollock, N. (2005). *COPM: Canadian Occupational Performance Measure* (4th ed.) Ottawa: CAOT Publications ACE.

#	GOAL	COPM SCORES			
		Before		After	
		Perf*	Sat*	Perf	Sat
1	[who, will do what activity, in what context, to what extent, by when]				
2	[who, will do what activity, in what context, to what extent, by when]				
3	[who, will do what activity, in what context, to what extent, by when]				

Note* Perf= client rated evaluation of "performance" of goal activity. Sat=client rated evaluation of satisfaction with performance of goal activity.



Goal Progress

Goal 1 [who, will do what activity, in what context, to what extent, by when]

[client name's] initially described [goal activity] performance as follows.....

Through discussion and trialling of her/his ideas [client name's] identified that the following adaptations/ strategies/resources improved [who, doing what activity, in what context].

[Client name's] observed that [delete or expand as relevant]....

Over the past [length of time] [client name's] now reports that [who, can do what activity, in what context, to what extent]. [client name's] perceptions of goal success and satisfaction at the time of discharge from this service are reported above.

Goal 2 ...

Goal 3 ...

Summary

Overall, [client name's] identified that key strategies for them that appeared to have wide applicability in their management of [x health related situation] include: a, b, c.

While our work together has now concluded, [client name's] describes their future intentions in relation to these goals as x, y, z.

We wish their every success in these endeavours.

[Sign here]

Name, designation.

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