



Logic Model for Occupational Performance Coaching

Arguments for OPC	Implementation Criteria	Mechanisms and Impact		Outcomes
		Practitioner Resource (i.e., action)	Intended Client Response	
<p>Occupational performance/ participation are priority outcomes for many people living with disability and their caregivers.</p> <p>Usual care in rehabilitation has remained highly practitioner (expert)-directed despite evidence that client autonomy during rehabilitation results in higher client engagement.</p> <p>Interventions are needed that directly target occupational performance/ participation as a primary outcome.</p> <p>Achievement of occupational performance/ participation outcomes is multifactorial, requiring accommodation of individual and contextual influences</p>	<p>In person or web-based staff training in OPC https://www.otago.ac.nz/opc/training</p> <p>Self-audit through use of the OPC-FM or OPC Case Note Audit Tool.</p> <p>Delivered 1:1 or in groups; in person or via telehealth.</p> <p>Average dosage: 5 sessions (min 1: max 12).</p>	<p>PARTNERSHIP Explicit development of high trust partnership.</p> <p>GOALS Identifying clients' most valued goal elicited as occupational performance/ participation in life situations.</p> <p>AUTONOMY SUPPORT Client reflection, analysis and decision-making encouraged. Client agency is maintained as paramount.</p> <p>SUPPORTING CHANGE Clients' specific action statements elicited.</p>	<p>PARTNERSHIP Client trusts practitioner thus reflects and discloses key information.</p> <p>GOALS A. Client undertakes independent goal striving. B. Detailed situation analysis by client.</p> <p>AUTONOMY SUPPORT Client experiences heightened autonomy over their goal situation thereby supporting intention to act.</p> <p>SUPPORTING CHANGE Barriers to action proactively addressed.</p>	<p>PRIMARY OUTCOME Individualised client goal achievement of greater occupational performance and social participation (e.g., as measured by the COPM or GAS).</p> <p>SECONDARY OUTCOMES High sense of competence, confidence, self-esteem and self-management related to health condition/role/goal</p> <p>LONG TERM OUTCOMES Client and family capacity building and self-management</p>

Suggested citation: Graham, F., (2020), Occupational Performance Coaching (OPC) Logic Model. Retrieved from <https://www.otago.ac.nz/opc> (date retrieved). University of Otago.



First published Graham, F. (2020), Occupational Performance Coaching Resources.
This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.
University of Otago.