

| MOTIVATION FOR OCCUPATION | | |
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| Appraisal of Ability Understanding of current strengths & limitations Accurate belief in skill, accurate view of competence Awareness of capacity | F Accurately assesses own capacity, recognises strengths, aware of limitations A Reasonable tendency to over/under estimate own abilities, recognises some limitations I Difficulty understanding strengths and limitations without support R Does not reflect on skills, fails to realistically estimate own abilities <i>Comments:</i> | |
| Expectation of Success Optimism & hope Self-efficacy, sense of control & self-identity | F Anticipates success and seeks challenges, optimistic about overcoming obstacles A Has some hope for success, adequate self-belief but has some doubts, may need encouraging I Requires support to sustain optimism about overcoming obstacles, poor self-efficacy R Pessimistic, feels hopeless, gives up in the face of obstacles, lacks sense of control <i>Comments:</i> | |
| Interest Expressed enjoyment Satisfaction Curiosity Participation | F Keen, curious, lively, tries new occupations, expresses pleasure, perseveres, appears content A Has adequate interests that guide choices, has some opportunities to pursue interests I Difficulty identifying interests, short-lived, ambivalent about choice of occupations R Easily bored, unable to identify interests, apathetic, lacks curiosity even with support <i>Comments:</i> | |
| Choices Appropriate commitment Readiness for change Sense of value and meaning Preferences and goals | F Clear preferences & sense of what is important, motivated to work towards occupational goals A Mostly able to make choices, may need encouragement to set and work towards goals I Difficulties identifying what is important or setting and working towards goals, inconsistent R Cannot set goals, impulsive, chaotic, goals are unattainable or based on anti-social values <i>Comments:</i> | |

| PATTERN OF OCCUPATION | | |
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| Routine Balance Organisation of habits Structure Productivity | F Able to arrange a balanced, organised and productive routine of daily activities A Generally able to maintain or follow an organised and productive daily schedule I Difficulty organising balanced, productive routines of daily activities without support R Chaotic or empty routine, unable to support responsibilities and goals, erratic routine <i>Comments:</i> | |
| Adaptability Anticipation of change Habitual response to change Tolerance of change | F Anticipates change, alters actions or routine to meet demand, (flexible/accommodating) A Generally able to modify behaviour, may need time to adjust, hesitant I Difficulty adapting to change, reluctant, passive or habitually overreacts to change R Rigid, unable to adapt routines or tolerate change <i>Comments:</i> | |
| Roles Role identity Role variety Belonging Involvement | F Identifies with a variety of roles, has a sense of identity/belonging that comes from roles A Generally identifies with one or more roles and has some sense of belonging from these roles I Limited identification of roles, role overload or conflict, poor sense of belonging R Does not identify with any role, negligible role demands, no sense of belonging <i>Comments:</i> | |
| Responsibility Role competence Meeting expectations Fulfilling obligations Delivering responsibilities | F Reliably completes activities and meets the expectations related to role obligations A Copes with most responsibilities, meets most expectations, able to fulfil most role obligations I Difficulty being able to fulfil expectations and meet role obligations without support R Limited ability to meet demands of activities or obligations, unable to complete role activities <i>Comments:</i> | |