

# OCAIRS Rating Criteria

## ROLES

F	<input type="checkbox"/> Occupational roles reflect a highly productive lifestyle <input type="checkbox"/> High level of satisfaction with current roles <input type="checkbox"/> Fulfills a wide range of role responsibilities
A	<input type="checkbox"/> Occupational roles reflect a somewhat productive lifestyle <input type="checkbox"/> Some satisfaction with current roles <input type="checkbox"/> Minor difficulty in fulfilling a wide range of role responsibilities
I	<input type="checkbox"/> Occupational roles fail to constitute a productive lifestyle <input type="checkbox"/> Very little satisfaction with current roles <input type="checkbox"/> Major difficulty in fulfilling a wide range of role responsibilities
R	<input type="checkbox"/> No occupational roles <input type="checkbox"/> Alienated from roles <input type="checkbox"/> Cannot fulfill a wide range of role responsibilities

## HABITS

F	<input type="checkbox"/> Highly organized daily schedule <input type="checkbox"/> Good balance between work, rest, self-care and leisure <input type="checkbox"/> Satisfied with daily routine
A	<input type="checkbox"/> Some organization of daily schedule <input type="checkbox"/> Some balance between work, self-care and leisure <input type="checkbox"/> Somewhat satisfied with daily routine
I	<input type="checkbox"/> Very little organization of daily schedule <input type="checkbox"/> Very little balance between work, self-care and leisure <input type="checkbox"/> Very little satisfaction with daily routine
R	<input type="checkbox"/> No organized daily schedule <input type="checkbox"/> No balance between work, self-care and leisure <input type="checkbox"/> Dissatisfied with daily routine

## PERSONAL CAUSATION

F	<input type="checkbox"/> Strong confidence in abilities <input type="checkbox"/> Anticipates success in next six months <input type="checkbox"/> Identifies a number of things (3 or more) done well/proud of
A	<input type="checkbox"/> Some confidence in abilities <input type="checkbox"/> Anticipates somewhat successful outcomes within next six months <input type="checkbox"/> Some difficulty in identifying something done well/proud of
I	<input type="checkbox"/> Very little confidence in abilities <input type="checkbox"/> Significant concerns about failures within next six months <input type="checkbox"/> Major difficulty in identifying something done well/proud of
R	<input type="checkbox"/> No confidence in abilities <input type="checkbox"/> Anticipates failure in next six months <input type="checkbox"/> Does not identify anything done well/proud of

## VALUES

F	<input type="checkbox"/> Identifies distinct and specific values <input type="checkbox"/> Strong conviction about expressed values <input type="checkbox"/> Expresses complete congruence between own values and current life situation
A	<input type="checkbox"/> Identifies somewhat ambiguous values <input type="checkbox"/> Some conviction about expressed values <input type="checkbox"/> Expresses some congruity between own values and current life situation
I	<input type="checkbox"/> Loosely identifies very ambiguous values <input type="checkbox"/> Very little conviction about expressed values <input type="checkbox"/> Expresses very little congruity between own values and current life situation
R	<input type="checkbox"/> Does not identify any values <input type="checkbox"/> No conviction/alienation about expressed values <input type="checkbox"/> Expresses no congruity between own values and current life situation

## INTERESTS

F	<input type="checkbox"/> Participates in many interests regularly outside of work <input type="checkbox"/> High level of interest in primary occupation <input type="checkbox"/> High level of satisfaction with level of participation in an interest(s)
A	<input type="checkbox"/> Participates in few, but clearly expressed, interests regularly outside work <input type="checkbox"/> Some interest in primary occupation <input type="checkbox"/> Some satisfaction with level of participation in an interest(s)
I	<input type="checkbox"/> Few & vaguely defined interest outside work, no regular participation <input type="checkbox"/> Very little interest in primary occupation <input type="checkbox"/> Very little satisfaction with level of participation in an interest(s)
R	<input type="checkbox"/> Does not participate in any identified interests outside of work <input type="checkbox"/> No interest in primary occupation <input type="checkbox"/> Dissatisfaction with level of participation

## SKILLS: Motor, Process, & Communication/Interaction Skills

F	<input type="checkbox"/> No limitations in performance due to good skills <input type="checkbox"/> Effectively compensates for any limitations in skills (if any)
A	Participation is allowed but there are some limitations in performance of: <input type="checkbox"/> Motor Skills <input type="checkbox"/> Process Skills <input type="checkbox"/> Communication/ Interaction Skills
I	Participation is inhibited due to significant limitations in: <input type="checkbox"/> Motor Skills <input type="checkbox"/> Process Skills <input type="checkbox"/> Communication/ Interaction Skills
R	Participation is restricted due to severe limitations in: <input type="checkbox"/> Motor Skills <input type="checkbox"/> Process Skills <input type="checkbox"/> Communication/ Interaction Skills

## GOALS

### SHORT-TERM GOALS

F	<input type="checkbox"/> Identifies achievable yet substantial short-term goal(s) <input type="checkbox"/> Coherently discusses realistic plan(s) for meeting goals <input type="checkbox"/> Actively participating in the execution of the plan(s)
A	<input type="checkbox"/> Identifies goal(s) that may be difficult to achieve or, if readily achievable, are insubstantial <input type="checkbox"/> Discusses somewhat unrealistic plan(s) for meeting goal(s) <input type="checkbox"/> Somewhat participating in the execution of the plan(s)
I	<input type="checkbox"/> Identifies vague or conflicting goals that will be very difficult to achieve <input type="checkbox"/> Discusses a plan that is not realistic <input type="checkbox"/> Very little participation in the execution of the plan(s)
R	<input type="checkbox"/> Does not identify any short-term goal(s) or has unachievable goal <input type="checkbox"/> Does not discuss plan, abandons his/her plans easily <input type="checkbox"/> No participation in the execution of the plan(s), doing nothing to achieve goal(s)

### LONG-TERM GOALS

F	<input type="checkbox"/> Identifies achievable yet substantial long-term goal(s) <input type="checkbox"/> Coherently discusses realistic plan(s) for meeting goals (i.e. Short-term goals correspond to long-term goals) <input type="checkbox"/> Actively participating in the execution of the plan(s)
A	<input type="checkbox"/> Identifies long-term goal(s) that may be difficult to achieve or, if readily achievable, are insubstantial <input type="checkbox"/> Discusses somewhat unrealistic plan(s) for meeting goal(s), i.e. short-term goals somewhat related to long-term goals <input type="checkbox"/> Somewhat participating in the execution of the plan(s)
I	<input type="checkbox"/> Identifies vague or conflicting long-term goals that will be very difficult to achieve <input type="checkbox"/> Discusses a plan that is not realistic. Short-term goals unrelated to long-term goals <input type="checkbox"/> Very little participation in the execution of the plan(s)
R	<input type="checkbox"/> Does not identify any long-term goal(s) or has unachievable goal <input type="checkbox"/> Does not discuss plan, abandons his/her plans easily <input type="checkbox"/> No participation in the execution of the plan(s), doing nothing to achieve goals

**INTERPRETATION OF PAST EXPERIENCES**

F	<input type="checkbox"/> Expresses very positive feelings about past experiences <input type="checkbox"/> Characterizes past as time of great performance and accomplishment
A	<input type="checkbox"/> Expresses somewhat positive feelings about past experiences <input type="checkbox"/> Presents best and worst period(s) with equal emphasis
I	<input type="checkbox"/> Expresses mostly negative feelings about past experiences <input type="checkbox"/> Places more emphasis on worst period(s) than best period(s) of life
R	<input type="checkbox"/> Expresses only negative feelings about past experiences <input type="checkbox"/> Discusses only worst period(s), unable to identify best period(s)

**PHYSICAL ENVIRONMENT**

F	<input type="checkbox"/> Demands/Constraints in the physical environment provide strong support for successful role performance <input type="checkbox"/> Ample resources/opportunities (money, transportation, facilities etc.) to support participation in desired activities
A	<input type="checkbox"/> Demands/Constraints in the physical environment provide some support and allow role performance <input type="checkbox"/> Sufficient resources/opportunities (money, transportation, facilities etc.) which provide some support and allow participation in desired activities
I	<input type="checkbox"/> Demands/Constraints in the physical environment provide very little support and inhibit successful role performance <input type="checkbox"/> Limited resources/opportunities (money, transportation, facilities etc) provide very little support and inhibit participation in desired activities
R	<input type="checkbox"/> Demands/Constraints in the physical environment provide no support and restrict successful role performance <input type="checkbox"/> Inadequate resources/opportunities (money, transportation, facilities etc) provide no support and restrict participation in desired activities

**SOCIAL ENVIRONMENT**

F	<input type="checkbox"/> Other persons (family/friends/co-workers) provide strong support which facilitates participation <input type="checkbox"/> Has ample opportunities for social participation
A	<input type="checkbox"/> Other persons (family/friends/co-workers) provide some support which allows some participation <input type="checkbox"/> Has some opportunities for social participation
I	<input type="checkbox"/> Other persons (family/friends/co-workers) provide very little support which inhibits participation <input type="checkbox"/> Has very few opportunities for social participation
R	<input type="checkbox"/> Social support (family/friends/co-workers) is missing from the social environment which restricts participation <input type="checkbox"/> Does not have opportunities for social participation

**READINESS FOR CHANGE**

F	<input type="checkbox"/> Adjusts well to feedback/changes in personal/environmental circumstances <input type="checkbox"/> Highly motivated to make positive changes; clearly identifies areas client wants to work on
A	<input type="checkbox"/> Some difficulty in adjusting to feedback/changes in personal/environmental circumstances <input type="checkbox"/> Some motivation to make positive changes; has some difficulty in identifying areas client wants to work on
I	<input type="checkbox"/> Significant difficulty in adjusting to feedback/changes in personal/environmental circumstances <input type="checkbox"/> Very little motivation to make positive changes; has significant difficulty in identifying areas client wants to work on
R	<input type="checkbox"/> Rejects feedback/changes in personal/environmental circumstances <input type="checkbox"/> Makes inadequate changes or modifications; does not identify areas client wants to work on