

Developing Therapeutic Activities

Activity Analysis

Physical Demands

Mobility Demands

Hand Use Demands

Cognitive Demands

Interactive Demands

Psychological Considerations

Duration of the Activity

Outcome at Completion

Gratification Point

'Modifiability' of the activity

Gender identity

Individual Analysis

Physical Health Factors

Posture
Ambulatory status
Balance
Mobility
Endurance
Pain control/tolerance/awareness
Precautions (dietary, respiratory, energy)

Hand Skill Factors

Dexterity
Strength
Bilateral use
Motor planning
Tremor
Range of motion & use
Grasps (gross, pincer, power, key, tripod)
Releases
Dominance
Tool use

Cognitive Skill Factors

Judgment
Immediate memory
Long term memory
Sequencing
Learning methods (vision, hearing, touch)
Time awareness and use
Concentration
Environmental awareness
Safety awareness

Interactive Skill Factors

Speech
Hearing/understanding
Group tolerance
Initiation ability
Subject attention
Leadership skills
Membership skills

Visual Skill Factors

Acuity
Glasses – near/far/bifocals/progressive
Visual discrimination
Field of vision
Eye-hand coordination
Glare sensitivity
Light intensity needs
Light-dark accommodation
Near-far accommodation
Color awareness & sensitivity

Psychological Health Factors

Emotional state
Emotional flexibility
Emotional lability
Feelings of self-worth
Feelings toward others
Emotional awareness of others
Life roles
Values and beliefs about self & others