

Can the Cognitive Orientation to daily Occupational Performance (CO-OP) Approach be beneficial for people with cerebral palsy or spina bifida?

The CO-OP is a generic, performance-based, and person-centered approach that engages the individual at a metacognitive level to enable the individual to solve performance problems on their own as life unfolds.

- CO-OP is a feasible approach for children & young adults with CP or SB. CO-OP provides the person with the opportunity to participate in the entire process from goal setting— to planning— to goal achievement. The person finds his/her own solutions to everyday-life problems, and thus develops meta-cognitive thinking and self-efficacy.
- CO-OP is more effective than ordinary treatment when it comes to achieving both trained and untrained goals, and to reduce self-rated problems in everyday life, indicating a generalization and transfer effect which may enhance self-efficacy. Results have been shown to be sustained after 3 months, and transfer effects seem to increase over time.

In this **free-of-charge workshop**, held in **English**, certified CO-OP instructors will discuss short- and long-term benefits of CO-OP as well as possibilities for implementation in the Nordic countries. A discussion on how CO-OP can be a team-approach, and how it can be beneficial for individuals with other diagnoses in the habilitation setting (e.g., autism, ABI, mild ID) will also be covered.

Date: February 7, 2024
Time: 12-2 PM (Swedish time)

Sign up here:

https://docs.google.com/forms/d/e/1FAIpQLSdTMulbnqAKIR3dSGKd8pJoot1GjOVp-zUUOUvQoPsnQsah8Q/viewform?usp=pp_url

Zoom-link will be sent the day before.

Welcome!

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