Many occupations and activities are not done in solitary and are engaged in with others. Occupations that involve more than one person are called co-occupations (Zemke & Clark, 1996). This includes occupations in which social interaction is required or that rely on another person’s actions. Caring for a child or a pet is an example of a co-occupation. For example, when David engages in leisure time with his children, the activities in which they engage are reliant on what his children choose. After coming home from a long day at work, David may choose to relax and play with his children, which includes the occupation his children are engaged in—coloring (Figure 3-5).

A similar concept to consider is the idea of nested occupations, in which several occupations are conducted at the same time and co-occur. Co-occupations can be multiple occupations that occur together, such as listening to music and surfing the Internet. Analysis of these types of activities is complex and requires a high level of conditional reasoning that relies on inclusion of the actions of the others participating in the activity. For this reason, listing the sequence and timing of co-occupations is a difficult task. We must recognize that an everyday activity cannot always be reduced to a list of steps. Nevertheless, basic activity analysis gives us the fundamental skills needed to understand the interaction between activity demands and participation in occupations.

### Activity 3-1

1. List out the steps required of washing your hands. Use the following checklist for each step:
   - Action verb
   - How the action takes place
   - Objects used or interacted with
   - Time elements (if needed)
   - Amounts used (if needed)
   - Precautions/warnings
   - No right/lefts
   - No ands linking two action verbs
2. Now ask a classmate or friend to follow your directions as you read them step by step. They are not allowed to assume anything, and must follow your directions exactly as written.
3. Write down which steps are missing or any missing elements. Are there hidden elements that you did not think of?

### Conclusion

The process of breaking down an activity into its component parts is essential to understanding the complexity of an activity. It includes identifying those aspects of the activity you can see, such as actions, as well as those you do not, such as waiting for a specific amount of time. It is important to identify those steps that are essential to successful participation and completion of the activity and the importance of the order in which they occur. There are many different methods by which to gather this information; some methods offer greater depth but require more time, while those that require less time and effort tend to lack accuracy. Each step of the activity should include