

Table 8-1

Common Language Phrases for Ecology of Human Performance Interventions	
EHP Intervention	Common Language for This Intervention
Establish/restore	Learn something new every day
Alter	Find a better place
Adapt/modify	Make it easier to do
Prevent	Think ahead
Create	Make it work for everyone

## Establish/Restore:

### Learn Something New Every Day

The establish/restore intervention strategy focuses on an individual's skills and abilities, and a therapist aims to improve person variables (Dunn et al., 2003). Therapists may either *establish* new skills an individual has not yet learned or *restore* skills lost due to an injury or illness (Dunn et al., 2003). Although establish/restore approaches primarily address person factors, context plays an important role because context provides a means to perform certain tasks (Dunn et al., 1994). With the start to a new school year, we see college students restoring studying strategies and homework routines, as well as establishing new skills from learning new material.

## Alter:

### Find a Better Place

The alter intervention strategy primarily focuses on addressing contextual factors (Dunn, 2007). Therapists must identify contextual features that may support an individual's performance while utilizing a person's current skills and abilities (Dunn et al., 1994). Thus, the therapist does not act to fix or improve upon skills, nor does the therapist make changes to the context; rather, the therapist acts to find a better match between the person and environment for successful performance. For instance, the placement of a washer or dryer within the home may increase performance with laundry. Specifically, if the location of the washer and dryer is changed and placed within closer proximity to bedrooms, the task demands decrease (e.g., less lifting and time spent carrying laundry, no stairs). By simply finding a better place for the washer and dryer rather than changing person factors or task demands, we may facilitate performance in laundry.