
Step 1: Determine What Is Being Analyzed

OBJECTIVES

- Understand how an occupation-based activity analysis is different from a standard activity analysis.
- Determine when to conduct an occupation-based activity analysis or a standard activity analysis.
- Divide a large occupation into smaller manageable activities or tasks to allow for analysis.
- Understand why the *Occupational Therapy Practice Framework, 3rd Edition* (the *Framework*) has classified and defined occupations into separate areas.
- Define the types and categories of occupations listed in the *Framework*.
- Understand how each area of occupation relates to occupational therapy (OT) practice.
- Identify the difference between activities of daily living (ADL), instrumental activities of daily living (IADL), rest and sleep, work, education, play, leisure, and social participation.

- Understand how occupations can be classified in different areas of occupation based on the client.

OCCUPATION-BASED OR STANDARD ACTIVITY ANALYSIS?

The first step to activity analysis is to determine what it is that you will be analyzing. As discussed in Chapter 1, there are two types of activity analysis: activity analysis and occupation-based activity analysis. The first type, activity analysis, involves analyzing an activity as it is typically done, without a particular person in mind. This is helpful when looking at different activities and how they might be therapeutic. Occupation-based activity analysis is very individualized, as it looks at an activity that has meaning and contextual influences for a particular individual. Going back to the example of making a peanut butter and jelly sandwich, an activity analysis could be completed on how it is typically done, but an occupation-based activity analysis would be completed if we looked at how Lisa does it.