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## **Cognitive Orientation to daily Occupational Performance Approach - a promising approach to achieve personal goals and enhance executive functions in young persons with Spina Bifida or Cerebral Palsy**

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**Introduction:** Occupational performance requires both motor and executive functions. Research shows that persons with spina bifida (SB) or cerebral palsy (CP) have restriction due both motor- and executive dysfunctions when performing occupations. The Cognitive Orientation to daily Occupational Performance Approach (CO-OP Approach<sup>TM</sup>) is a performance-based and problem-solving approach enabling individuals to identify their own cognitive strategies to improve skill acquisition, through guidance from the therapist.

**Objectives:** To investigate if the CO-OP Approach<sup>TM</sup> is beneficial and feasible for young adults with SB or CP, in a Swedish context.

**Method:** An exploratory multiple case study with an embedded design. Ten persons (16-28 year) participated in 10 intervention sessions with the CO-OP Approach<sup>TM</sup>; 5 with CP (MACS I-II) and 5 with SB. Data was triangulated from the participants-, the therapists- and the organizational perspective. Evaluations were carried out on baseline, direct after and six month after the treatment with outcomes on all ICF-levels. Some of the participants' experiences were captured with structured questions.

**Results:** Preliminary results showed that self-rated goal attainment and executive functions improved, and that satisfaction was very high with the CO-OP Approach<sup>TM</sup> as the participants found the approach meaningful and worth the effort. The CO-OP Approach<sup>TM</sup> was compatible with core values in the Habilitation services in Sweden. The proportion of participants that expressed that they used meta-cognitive strategies when performing occupations was high and evolved over time.

**Conclusion:** The CO-OP Approach<sup>TM</sup> is a promising approach to achieve personal goals and enhance executive functions in young persons with SB or CP.