

## "With CO-OP I am the boss", experiences of Cognitive Orientation to daily Occupational Performance Approach in young adults with spina bifida or cerebral palsy

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**Introduction/Rationale:** The Cognitive Orientation to daily Occupational Performance (CO-OP Approach™) is a performance-based and problem-solving approach which gives the clients the opportunity to find their own way to solve their problems when performing activities. Through an interactive process between the client and therapist during strategy use and guiding with questions the client chooses his/hers own goals, is actively involved in the process of problem-solving, identifies strategies to improve skill acquisition and evaluate the activity performance. A feasibility study was performed with CO-OP Approach™ in Sweden including young adults with spina bifida (SB) or cerebral palsy (CP). The present study forms the qualitative part of the feasibility study.

**Objectives:** To explore and describe the participants experiences of the CO-OP Approach™ after the intervention period.

**Method:** Semi-structured individual interviews were conducted direct after and 6 months after a CO-OP intervention period with ten participants, five with SB and five with CP (MACS I-II), aged 16-28 years. Interviews were analysed using qualitative content analysis.

**Results:** The participants expressed that the CO-OP Approach™ enhanced their problem-solving in daily life by using meta-cognitive thinking skills. The result revealed four categories describing the participants' experiences of the CO-OP Approach™: "CO-OP supports my own way of doing", "CO-OP a different way of learning", "CO-OP sometimes put a strain on me" and "CO-OP boosts me".

**Conclusion:** The young adults with SB or CP consider that, the CO-OP Approach™ provides opportunity to master everyday life problems by themselves using meta-cognitive thinking, which enhance their self-efficacy.