

Australian Therapy Outcomes Measures

What is the Australia Therapy Outcomes Measures?

The Australian Therapy Outcomes Measures (AusTOMs) are outcome measurement scales that can be used by allied health professionals to demonstrate change over time for a person of any age and all diagnoses. They were designed using International Classification of Function (ICF) terminology to measure outcomes in terms of impairment, activity, participation, and wellbeing.

There are AusTOM kits available for occupational therapy, physiotherapy, speech pathology and podiatry. For example, occupational therapists can select from 12 function-focused scales that match the person's goals:

1. Learning and applying knowledge
2. Functional walking and mobility
3. Upper limb use
4. Carrying out daily life tasks and routines
5. Transfers
6. Using transport
7. Self-care
8. Domestic life – Home
9. Domestic life – Managing resources
10. Interpersonal interactions and relationships
11. Work, employment, and education
12. Community life, recreation, leisure and play¹

How long does it take to administer the measures?

Each scale takes less than 5 minutes to complete. The AustTOMs are intended to be administered by allied health professionals at the start (goal start, or admission) and on discharge (goal end, or discharge). There are detailed manuals available to guide administration.¹

How do I report or score the measures?

Each scale scores the person in relation to 4 domains:

1. Impairment
2. Activity/ Limitation
3. Participation/ Restriction
4. Distress/ Well-being

Each domain is scored on a 6-point scale from 0 (low) through to 5 (high) with half points possible. For each domain there is a total possible score of 11. Scores are not summed across domains, rather the person has a profile of scores for the 4 domains. The person's scores on each domain at the start (goal start, or admission) are compared to scores on discharge (goal end, or discharge).

How can I access the Australian Therapy Outcomes Measures?

[You can access the Australian Therapy Outcomes Measures here.](https://austoms.com/about/)



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