

Canadian Occupational Performance Measure

What information will I gain from the Canadian Occupational Performance Measure?

The Canadian Occupational Performance Measure (COPM) can be used to measure a person's outcomes in the areas of self-care, productivity, and leisure activities.

For each area, the COPM explore if the person needs to, wants to, or is expected to perform these activities. If they answer "yes", they are then asked if they can perform, does perform these activities, and their satisfaction with their performance of these activities. Based on the importance ratings, the five most urgent problems are identified. They are then asked to rate how important it is to do these activities on a scale of 1-10.

In the context of assistive technology, the COPM may be used to measure the person's activity performance and satisfaction before, and after using the assistive technology. This information can help to understand the impact the assistive technology has had on the person's ability to do activities that are important to them.

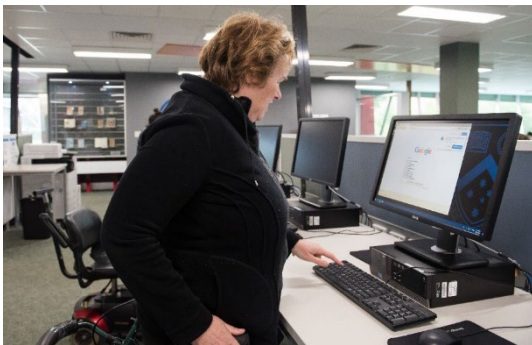
How long does it take to administer the measure?

The COPM takes around 20-40 minutes to administer. The measure is intended to be administered by occupational therapists in a five-step process using a semi-structured interview, with the person, and/or their caregiver.

How do I report or score the measure?

For the five most urgent problems, the ratings of ability and satisfaction are multiplied by the importance ratings. For each identified problem, the scores can range from 1 to 100 for both activity performance and satisfaction scores. Following re-assessment, the performance and satisfaction scores are multiplied by the original importance ratings, summed, and divided to calculate change over time.

How do I get more information on, or access to, the Canadian Occupational Performance Measure?



[You can get more information on the Canadian Occupational Performance Measure here.](#)

[You can buy the COPM, and related resources here.](#)



For further information, please contact:

Associate Professor Libby Callaway
T: +61 421 356 359
E: libby.callaway@monash.edu

School of Primary and Allied Health Care
Rehabilitation Ageing and Independent Living Research Centre
Faculty of Medicine, Nursing and Health Sciences
Monash University, Peninsula Campus
47-49 Moorooduc Hwy
Frankston VIC 3199