

Adapting and grading

Adapting-An alteration made by a therapist or client to an object or environment in order to challenge or to improve the client's ability to perform. Change in structure, function or form that provides a better adjustment to the environment.

Grading- Measurable increasing or decreasing of activity by alteration of factors such as size, effort or energy, attention, judgement, or discrimination. To challenge the patient's ability by progressively altering the person, environment or occupation (eg the process, tools, materials) to increase or decrease performance demands

Hersch, G.L., Lamport, N.K., & Coffey, M.S. (2005). *Activity analysis: Application to occupation* (5th ed.). Thorofare N.J.: SLACK Inc.

1. Activity Sequence, Duration and Activity Procedures
2. Working Position of the Individual
3. Tools (position, size, shape, weight, texture)
4. Materials (position, size, shape, weight, texture)
5. Nature/Degree of Interpersonal Contact
6. Extent of Cues by Practitioner
7. The Teaching-Learning environment



Grading, adapting, modifying (continued)

C. Therapeutic Modifications

1. Therapeutic Adaptations

a. Orthotics

b. Prosthetics

c. Assistive Technology and Adaptive Devices

1. Architectural Modification

2. Environmental Modification

3. Tool and Equipment Modification

4. Wheelchair Modification

2. Prevention

a. Energy Conservation

1. Energy Saving Procedures

2. Activity Restriction



Grading, adapting, modifying (continued)

2. Prevention (continued)

3. Work Simplification

4. Time Management

5. Environmental Organisation

b. Joint Protection/Body Mechanics

1. Using Proper Body Mechanics

2. Avoiding Static/Deforming Postures

3. Avoiding Excessive Weight Bearing

c. Positioning

d. Balance of performing areas to facilitate health



Person

(ways in which an activity can be modified, graded or adapted-see form 4 to assist)

- Individual's position
- Effort or energy required-both physical and cognitive demands
- Skills, performance components, client factors the person has (see form 3 Section 3)

Environment (ways in which a task can be modified, graded or adapted)

Nature/Degree of Interpersonal Contact

Extent of Cues by Practitioner

The Teaching-Learning Environment

Architectural Modification

Environmental Modification

Tool and Equipment Modification

Wheelchair Modification



Occupation

(ways in which an activity can be modified, graded or adapted-see form 4)

- Activity patterns(sequence, duration, procedures)
- Tools (position, size, shape, weight, texture)
- Materials (position, size, shape, weight, texture)
- Therapeutic modifications-tool and equipment modifications
- Energy conservation/joint protection/ positioning/ balance of performance areas
- Extent of assistance by the OT and others

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others (also environment)



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