



Canadian Occupational
Performance Measure

Tip #16 Can the COPM be used as a Measure of Participation?

Participation has always been a core concept in occupational therapy. A recent review characterizes three dimensions of participation - *performance*, *subjective experience*, and *interpersonal connection* (Cogan & Carlson, 2018).



The COPM measures *performance* using the Performance rating scale.



The COPM measures *subjective experience* using the Satisfaction rating scale.



Interpersonal connection is included with the focus on occupations the client wants or needs to do, but are also expected to do.



Through the COPM interview, clients have the opportunity and choice to identify occupations in terms of their impact on their lives.



Thus, the COPM can be an essential tool for occupational therapy practice aimed at achieving participation.

Reference

Cogan, C.M. & Carlson, M. (2018). Deciphering participation: An interpretive synthesis of its meaning and application in rehabilitation. *Disability & Rehabilitation*, 40(22), 2692-2703.
<https://doi.org/10.1080/09638288.2017.1342282>