



# OCCUPATIONAL THERAPY EVALUATION OF ADL ABILITY

Results and Interpretation of an Assessment of Motor and Process Skills (AMPS) Evaluation

Client: Cynthia Sample

Age: 83

Date of Evaluation: 03/12/2010

Occupational Therapist: Gabriëlle Van't Hof

## AMPS EVALUATION

The Assessment of Motor and Process Skills (AMPS) is a standardized observation-based evaluation of occupational performance; specifically, the ability to perform daily life tasks (i.e., personal and domestic activities of daily living - ADL). When Cynthia Sample was evaluated, the occupational therapist conducted an interview to gain a better understanding of which everyday tasks (occupations) she reported as presenting a challenge, as well as those everyday tasks that she reported performing with satisfaction. The occupational therapist then offered her a choice of familiar and relevant ADL tasks to perform for the AMPS observations. Cynthia chose to perform 2 of the tasks that were offered: "Tuna, chicken, or crab salad sandwich", and "Green salad, served in a large bowl, with dressing on the side."

## OVERALL QUALITY OF PERFORMANCE

When her overall quality of performance was considered, Cynthia showed evidence of minimally clumsy or physically effortful, and moderately inefficient ADL task performance, and she was at risk for needing assistance to complete the 2 domestic (instrumental) ADL tasks.

## SPECIFIC SKILLS THAT MOST IMPACTED PERFORMANCE

More specifically, Cynthia's performance of the above noted ADL tasks was limited by:

- Increased effort when reaching for or placing task objects (Reaches)
- Increased effort and/or instability when opening or closing doors and/or drawers (Moves)
- Increased effort when lifting task objects (Lifts)
- Pausing during actions or task steps, delaying the task progression (Continues)
- Delaying to gather task items into workspaces (Gathers)
- Not noticing and responding to the action or placement of task objects (Notices/Responds)
- Decreased skill accommodating for and preventing problems from occurring, and problems persisted or recurred during the task performances (Accommodates and Benefits)

## SPECIFIC SKILLS OF STRENGTH

Cynthia also demonstrated a number of strengths. More specifically, her performance of the ADL tasks was supported by her ability to readily and consistently:

- Maintain a consistent and effective rate of task performance (Paces)
- Modify the movement of arm, body, or wheelchair to efficiently maneuver around obstacles (Navigates)

- Ambulate during the task performance without instability or the use of an assistive device (Stabilizes and Walks)

### **OVERALL ADL MOTOR ABILITY**

ADL motor ability is an overall measure of a person's observed skill when moving oneself or task objects during the performance of ADL tasks (i.e., occupational performance). On the ADL motor scale, a cutoff measure located at 2.00 logits indicates when a person begins to demonstrate increased clumsiness or physical effort performing ADL tasks. Cynthia's ADL motor ability measure of 1.55 logits is below the ADL motor cutoff, indicating that she has increased clumsiness or physical effort when performing familiar ADL tasks. Cynthia's ADL motor ability can also be compared to her healthy, well age-matched peers. That is, 95 of well, healthy persons of Cynthia's age have ADL motor ability measures between 0.88 and 2.92 logits. This indicates that her ADL motor performance is within age expectations.

### **OVERALL ADL PROCESS ABILITY**

ADL process ability is a global measure of a person's observed skill when (a) selecting, interacting with, and using task tools and materials; (b) carrying out individual task actions and steps; and (c) modifying task performance when problems are encountered. On the ADL process scale, a cutoff measure located at 1.00 logit indicates when a person begins to demonstrate inefficient (i.e., diminished time/space organization) ADL task performance. Cynthia's ADL process ability measure of -0.15 logit on the AMPS Graphic Report is below the AMPS process cutoff. This indicates that she is demonstrating decreased efficiency when she performs familiar ADL tasks. When her ADL process ability measure is compared to her healthy, well age-matched peers, 95 of well, healthy persons of Cynthia's age have ADL process ability measures between 0.66 and 2.35 logits. Thus her ADL process ability measure is lower than age expectations.

### **PREDICTING NEED FOR ASSISTANCE**

Occupational therapists commonly use tests of ADL ability as a means of determining a person's need for assistance to live in the community. Further, the literature indicates that ADL ability is one of the strongest predictors of global functioning within the community. Approximately 94% of persons with ADL process measures below 1.00 logit need assistance to live in the community. Evidence further suggests that 74% of persons below 0.70 logit on the ADL process scale require moderate-to-maximal assistance to live in the community. The results of Cynthia's AMPS observation indicate that she likely needs assistance to live in the community and may even require moderate to maximal support.

It is important to note, however, that since the AMPS was designed to measure the quality of a person's ADL performance, not community independence, the results of an AMPS observation should never be the sole criterion for predicting a person's need for assistance to live in the community. Rather, the results of an AMPS observation should be considered as one piece of evidence to support and/or verify the occupational therapist's clinical judgment of a person's need for assistance to live in the community. The results of Cynthia's observation can be considered in relation to the occupational therapist's judgment that Cynthia needs/should have moderate to maximal assistance to live in the community. In Cynthia's case, the results of the AMPS observation support the occupational therapist's judgment that Cynthia needs assistance to live in the community.

## SUMMARY OF MAIN FINDINGS

Below is a summary of the results of Cynthia's AMPS evaluation. Her ADL motor and ADL process ability measures (logits) have been transformed into standardized z scores (mean = zero, standard deviation = 1.0), normalized standard scores (mean = 100, standard deviation = 15), and a percentile rank (percentage of persons with lower scores). Approximately 95 percent of well, healthy persons of Cynthia's age have ADL ability measures within plus or minus two (+/- 2) standard deviations.

<b>ADL ability</b>	<b>Logits</b>	<b>Standardized z score</b>	<b>Normalized standard score</b>	<b>Percentile rank</b>
<b>ADL motor</b>	1.55	-0.7	90	24.2
<b>ADL process</b>	-0.15	<-3.0	<45	<1.0

- Even though Cynthia's ADL motor ability measure is within age expectations, it is below the AMPS motor cutoff measure, suggesting that she is demonstrating increased clumsiness or physical effort, possibly decreased safety, and/or the need for assistance when performing chosen, familiar, and life relevant ADL tasks.
- Cynthia's ADL process ability measure is both below the AMPS process cutoff and below age expectations, indicating that she is demonstrating decreased efficiency, decreased safety, and/or the need for assistance when performing chosen, familiar, and life relevant ADL tasks.

Occupational therapy services may be indicated to enhance and/or prevent further decline of Cynthia's ADL task performance. Because Cynthia's ADL process ability measure is below 0.0 logit, evidence suggests that she may have difficulty learning new methods of performing ADL tasks. Therefore she will most likely experience more immediate success in her ADL performance through adaptive occupation, focusing on environmental adaptations and caregiver training.

If there are any questions regarding this evaluation, please do not hesitate to contact me.

Gabriëlle Van't Hof