

## Factors influencing Occupational Performance

Name:

Date:

OT:

### Physical

- Fine motor (handwriting, grasp, object manipulation, strength, hand proprioception)
- Gross motor (balance, strength, endurance, mobility)
- Health conditions (allergies, hypermobility, continence issues, seizures, breathing, chronic pain, inflammation, functional neurological and neurological)
- Disability (amputation, hyper/hypo tonic, paraplegia/quadruplegia, neuropathy)
- Motor planning and sequencing skills
- Medication side effects (sedation, reduced concentration, constipation)
- Sleep issues (difficulty getting to or staying asleep, shift worker, lives with poor sleeper)

### Sensory

- Vision (ability to read print, use of glasses, glare)
- Visual processing (processing visual movement, speed of objects, visual discrimination, light sensitivity)
- Hearing (ability to hear in quiet and in noise, background noise, wear hearing aids, tinnitus)
- Auditory Processing ( filter out sounds, auditory discrimination, auditory memory)
- Smell & smell processing ( sense of smell, scent memories (positive/negative) disgust response, sensitivity to scent)
- Taste, taste processing and oral motor (difficulty noticing taste, swallowing, chewing, food texture, sensitivity)
- Vestibular and vestibular processing ( movement, balance, ,motion, vertigo, dizziness)
- Touch and touch processing ( allergy, light touch, deep touch, neuropathy, vibration)
- Proprioception ( holding and carrying, spatial awareness, grasp)
- Interoception ( noticing and acting on body signals, thirst, hunger, heartrate, breathing, bladder, bowel)
- Thermoregulation (heat, cold, sweat, noticing and acting on body temperature signals)
- Sensitive to certain sensory input (can find environments/situations overwhelming)
- Sensory overload (can lead to emotional outbursts, agitation, withdrawal, dissociation)
- Missing sensory input (low registration, slow to pick up or miss input and cues)
- Seeking sensory input ( intensity and variety of sensory input, boredom, multi-tasking)
- Avoidance of certain sensory input ( messy hands, touch, sound, anxiety, phobia, trauma)
- Negative or positive sensory triggers (certain smells, sounds, movement in environment, flashbacks)

Book:

Sensory Modulation Resource Manual:

Paperback: Book Depository

Ebook: Amazon

Online Training:

[Courserebel.com/SensoryModulationBNE](http://Courserebel.com/SensoryModulationBNE)

Other training on: [sensory-modulation-Brisbane.com](http://sensory-modulation-Brisbane.com)

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Media:

[Facebook.com/sensorymod](https://www.facebook.com/sensorymod)

Insta: [sensorymodulationbrisbane](https://www.instagram.com/sensorymodulationbrisbane)

## Cognitive

- Written & verbal comprehension (dyslexia)
- Memory (including short & long term)
- Organisation, planning & sequencing skills
- Attention, concentration, distractibility, perseveration
- Problem solving and decision making skills
- Orientation (Person, place, time) & visuo spatial perception)
- Neurodiversity (Pattern recognition, rigidity, double empathy )

## Psychological

- Current mental state (mood, psychotic symptoms, thought content and stream)
- Accuracy of information relayed (insight regarding health, illness, task performance)
- Motivation to participate, cooperation
- Issues of safety (doesn't feel safe in environment, lived experience of trauma)
- Confidence and self worth (positive or negative self commentary)
- Substance misuse (intoxication, cravings, withdrawals, sedated, irritability)
- Obsessive and/or compulsive thoughts and behaviours (ruminating, hoarding)

## Interpersonal

- Social skills (eye contact, engagement, empathy, validation, conflict, co-regulation, rapport building)
- Communication skills (conversation, turn taking, listening, assertion, speech, volume)
- Language or cultural factors impacting on communication
- Experience of or response to comments, attention or judgement from others, stigma, discrimination
- Experience of autonomy and control in relationships (including financial)
- Caring responsibilities (cares for friend or family member or pet)

## Physical and Social Environment

- Cultural/ Ethnic beliefs, traditions, factors, stigma, discrimination
- Educational factors (literacy & numeracy skills)
- Familiarity and experience with performing tasks/ procedures
- Socio-economic issues (poverty, gambling, lack of access to resources, owes money, homeless, overcrowding)
- Gender, sexuality, expected gender roles, disadvantage, discrimination, power
- Physical environment ( barriers, accessibility, inclusivity, trip hazard, suitability, safety)
- Nature ( natural light, plants, water, sunlight, wind, vermin, insects, safety)
- Societal ( pandemic, war, civil unrest, famine, displaced, detention centre, gaol, quarantine, lockdown)