

MOTIVATION FOR OCCUPATION		
Appraisal of Ability Understanding of current strengths & limitations Accurate belief in skill, accurate view of competence Awareness of capacity	F A I R	Accurately assesses own capacity, recognises strengths, aware of limitations Reasonable tendency to over/under estimate own abilities, recognises some limitations Difficulty understanding strengths and limitations without support Does not reflect on skills, fails to realistically estimate own abilities <i>Comments:</i>
Expectation of Success Optimism & hope Self-efficacy, sense of control & self-identity	F A I R	Anticipates success and seeks challenges, optimistic about overcoming obstacles Has some hope for success, adequate self-belief but has some doubts, may need encouraging Requires support to sustain optimism about overcoming obstacles, poor self-efficacy Pessimistic, feels hopeless, gives up in the face of obstacles, lacks sense of control <i>Comments:</i>
Interest Expressed enjoyment Satisfaction Curiosity Participation	F A I R	Keen, curious, lively, tries new occupations, expresses pleasure, perseveres, appears content Has adequate interests that guide choices, has some opportunities to pursue interests Difficulty identifying interests, short-lived, ambivalent about choice of occupations Easily bored, unable to identify interests, apathetic, lacks curiosity even with support <i>Comments:</i>
Choices Appropriate commitment Readiness for change Sense of value and meaning Preferences and goals	F A I R	Clear preferences & sense of what is important, motivated to work towards occupational goals Mostly able to make choices, may need encouragement to set and work towards goals Difficulties identifying what is important or setting and working towards goals, inconsistent Cannot set goals, impulsive, chaotic, goals are unattainable or based on anti-social values <i>Comments:</i>

PATTERN OF OCCUPATION		
Routine Balance Organisation of habits Structure Productivity	F A I R	Able to arrange a balanced, organised and productive routine of daily activities Generally able to maintain or follow an organised and productive daily schedule Difficulty organising balanced, productive routines of daily activities without support Chaotic or empty routine, unable to support responsibilities and goals, erratic routine <i>Comments:</i>
Adaptability Anticipation of change Habitual response to change Tolerance of change	F A I R	Anticipates change, alters actions or routine to meet demand, (flexible/accommodating) Generally able to modify behaviour, may need time to adjust, hesitant Difficulty adapting to change, reluctant, passive or habitually overreacts to change Rigid, unable to adapt routines or tolerate change <i>Comments:</i>
Roles Role identity Role variety Belonging Involvement	F A I R	Identifies with a variety of roles, has a sense of identity/belonging that comes from roles Generally identifies with one or more roles and has some sense of belonging from these roles Limited identification of roles, role overload or conflict, poor sense of belonging Does not identify with any role, negligible role demands, no sense of belonging <i>Comments:</i>
Responsibility Role competence Meeting expectations Fulfilling obligations Delivering responsibilities	F A I R	Reliably completes activities and meets the expectations related to role obligations Copes with most responsibilities, meets most expectations, able to fulfil most role obligations Difficulty being able to fulfil expectations and meet role obligations without support Limited ability to meet demands of activities or obligations, unable to complete role activities <i>Comments:</i>