

Activity Analysis

What is an activity?

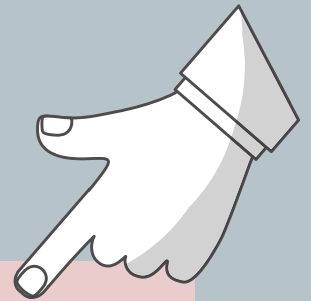
An activity is anything you want or need to do in your everyday life: from simple things like brushing your teeth to complicated things like giving a presentation at work or school.

What is activity analysis?

Activity analysis is a tool to help understand the demands of a particular activity. This helps to figure out ways to do the activity successfully.

The three ingredients:

- The person (who does the activity)
- The task (the activity itself)
- The environment (where the activity takes place)



Person	Task	Environment
Values and beliefs <i>(what I think is important)</i>	Relevance and importance <i>(does this matter to me?)</i>	Physical <i>(where does this happen?)</i>
Thoughts and emotions <i>(how I think about the activity)</i>	Materials and resources <i>(what tools are needed?)</i>	Social <i>(who is around?)</i>
Physical functions <i>(how my body works)</i>	Space <i>(where can I do this task?)</i>	Cultural <i>(what is expected and accepted?)</i>
Sensation <i>(how I perceive the world)</i>	Social <i>(how are others involved in this task?)</i>	Temporal <i>(when does this activity happen?)</i>
Motor and process skills <i>(what I am able to do)</i>	Timing and sequence <i>(what are the steps in this task?)</i>	Virtual <i>(does this activity use technology?)</i>
Social skills <i>(how I interact with others)</i>	Actions and skills <i>(how do I do this task?)</i>	
Habits and routines <i>(how I organize my time)</i>		

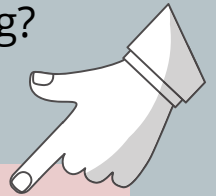
Activity Analysis Worksheet

Step 1: What activity is challenging for me?

Be as specific as possible! _____

Step 2: Which parts of the activity are making it challenging?

Circle or mark these in the chart below.



Person	Task	Environment
Values and beliefs	Relevance and importance	Physical
Thoughts and emotions	Materials and resources	Social
Physical functions	Space	Cultural
Sensation	Social	Temporal
Motor and process skills	Timing and sequence	Virtual
Social skills	Actions and skills	
Habits and routines		

Step 3: Which of the marked items are things you could change? What ideas do you have for how they could change?

Challenge:	Ideas for how this could change: