

Weekly Calendar Planning Activity: A Performance Test of Executive Function

Joan Toglia

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0 of 0 people found the following review helpful. Great performance Based Assessment of Functional CognitionBy Gordon GilesOccupational therapists have for over 20 years been developing performance based tests (PBT) of functional cognition to assist in the assessment of the ability of individuals to manage the types of complex activities of daily living (essential instrumental activities of daily living: IADL) that support living independently in the community. The Weekly Calendar Planning Activity is one of the first of these PBT to be standardized. There are three versions of various complexity and designed for different age groups. Test-takers are asked to complete a weekly activity calendar following certain rules. Entering the appointments into the weekly calendar requires planning and problem solving. Results of individual participants can be compared to age matched standardization samples, and recommendations are made for qualitative analysis and how occupational therapists may intervene to assist individuals who demonstrate impairments on the test. Highly recommended for the assessment of individuals with cognitive and executive function impairments that may compromise independent community living.

Occupational therapists frequently work with people who are independent in routine or basic ADLs but who have

difficulty with non-routine or complex activities. The WCPA was designed to be useful across a variety of populations that exhibit difficulties in executive functioning or higher-level cognitive independent ADLs and can be used to screen for these difficulties to understand the underlying nature of performance problems.