

3. How do I determine what type of cognitive assessment I need to use?

Toglia, Golisz, and Goverover (2009) suggest that an occupational therapist (OT) must first decide what questions need to be answered and then select the type of cognitive assessment accordingly. Toglia et al. (2009) further suggest that if a therapist needs to:

- **clarify the presence of cognitive impairments**, then traditional cognitive evaluations could be used to compare the client's performance to normative data
- **understand the effects of cognitive impairments on occupational performance**, then top down assessment like direct observation of the function could be used
- **gather information to guide their intervention**, then the model of cognitive intervention a therapist uses will guide the selection of the evaluation tool. For example, a therapist who uses a *functional approach* to cognitive rehabilitation uses baseline assessments to help determine the amount of assistance needed to perform a specific task (Golisz & Toglia, 1998). A therapist who takes a *deficit-specific approach* uses client scores on a cognitive test as the baseline measurements (Golisz & Toglia, 1998). An OT who uses a *dynamic approach* evaluates a client's strategy use, response to cues, and awareness of impairments for baseline measurements (Golisz & Toglia, 1998).
- **measure change and rehabilitation outcomes**, then the therapist needs to take into consideration short term and long term intervention goals when selecting cognitive assessment. For example if the therapist defined success as performance on normative tests, then specific cognitive or neuropsychological assessments provide the needed information (Golisz & Toglia, 1998).

Toglia et al. (2009) recommend that it is important to take all three levels of disability described by ICF i.e. impairment, activity limitation, and participation restriction into account when documenting rehabilitation outcomes. Therefore cognitive assessment that includes all these three levels of disability provides a more comprehensive view of person's functioning (Toglia et al., 2009).

References

Golisz, K. M., & Toglia, J. P. (1998). Evaluation of performance components. In M. E. Neistadt & E. B. Crepeau (Eds.), *Willard & Spackman's Occupational Therapy* (pp. 223 – 290). Philadelphia, PA: Lippincott.

Toglia, J. P., Golisz, K. M., & Goverover, Y. (2009). Evaluation and intervention for cognitive perceptual impairments. In E. B. Crepeau, E. S. Cohn, & B. A. B. Schell (Eds.), *Willard & Spackman's Occupational Therapy* (pp. 739 – 776). Philadelphia, PA: Lippincott Williams & Wilkins.

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