

Occupational Self Assessment (OSA)

Patient Information

Name: Michael Johnson

Date of Assessment: 04/15/2024

Therapist's Name: Dr. Laura Smith

Instructions: Please rate your perceived competence in performing the following activities and the importance or value you place on each activity. Use the following scales for your responses:

- **Competence:** 0 (Cannot do it) to 4 (Can do it well)
- **Value:** 0 (Not important to me) to 4 (Extremely important to me)

Activities

1. Personal Care (e.g., bathing, dressing)

Competence:

☐

0.

Cannot do it

☐

1.

☐

2.

☒

3.

☐

4.

Can do it well

Value:

☐

0.

Not important to
me

☐

1.

☐

2.

☐

3.

☒

4.

Extremely
important to me

2. Meal Preparation and Cleanup

Competence:

☐

0.

Cannot do it

☐

1.

☒

2.

☐

3.

☐

4.

Can do it well

Occupational Self Assessment Manual

M Woodhall



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