

## Activity Analysis Tool

Every activity can be broken down into component parts. Activity components dictate how demanding or challenging the activity is to perform. By using the activity analysis tool, we can break down an activity into its 'activity demands': Time, Physical, Ergonomic, Social, Thinking, and Emotional. The tool helps identify specific challenges and brainstorm activity modifications to overcome these challenges. By considering alternative ways to perform an activity, we can reduce the activity demands and promote functioning!

**Describe the activity:**

**What steps are involved to complete the activity? List the steps, in order, from start to finish:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**What are the barriers/challenges to completing the steps?**

Time demands	How do I do the activity now?	How could I modify the demands?
Describe time of day, day of week, and duration required.		
Physical demands	How do I do the activity now?	How could I modify the demands?
Describe the body movements required to perform the activity.  What body parts, joints and muscles are used? What body postures and body mechanics are required (e.g. lifting, reaching, twisting, bending)? What repetitive movements are involved? Strength required?		

<b>Ergonomic demands</b>	<b>How do I do the activity now?</b>	<b>How could I modify the demands?</b>
<p>Describe the physical environment in which the activity is usually performed. Consider lighting, temperature, noise, ventilation, size of space and set-up required.</p> <p>What tools, supplies, and equipment are needed to carry out the activity? Comment on comfort and ease of use.</p>		
<b>Social demands</b>	<b>How do I do the activity now?</b>	<b>How could I modify the demands?</b>
<p>Describe the social and interpersonal demands that may be required or impact the activity.</p> <p>Is it a solo activity or shared? Does it require cooperation, communication, assertiveness?</p>		

<b>Thinking demands</b>	<b>How do I do the activity now?</b>	<b>How could I modify the demands?</b>
<p>Describe the thinking and other cognitive skills required to complete this activity.</p> <p>What aspects of concentration, memory, multi-tasking, sequencing, reading, problem solving are involved?</p>		
<b>Emotional demands</b>	<b>How do I do the activity now?</b>	<b>How could I modify the demands?</b>
<p>Describe the emotional factors that this activity may require or evoke.</p> <p>What emotions might be involved?</p> <p>How might memories, stress, or expectations impact the activity?</p>		

**What activity modification(s) are you going to try?**

**After trying the activity modification(s), what was the outcome?**