

Intervention Summary

Task Analysis, Activity Analysis, & Modification (TAAAM) – Short Form

Name of activity: Aromatherapy Sachets

Type of modality: Aromatherapy Activity

Type of play	Associative
Interaction pattern	Aggregate
# of participants required	2 or more
Equipment/supplies	Potpourri, essential oils, sachets, ribbon/string, scissors, table, chair
Facilities required/environment	Anywhere with a table and chair
Precautions	Be cautious and aware of clients who are sensitive to the smell or are allergic to oils before handling. Avoid ingestion of essential oils. If oil gets into eye, wash immediately. If oil gets on hands, wash hands or wear gloves if client prefers.

Activity Instructions (what the therapist needs to do to facilitate the activity)
<ol style="list-style-type: none"> 1. Therapist must initiate the activity with the client 2. Instruct client to take a sachet from the table in front of them 3. Instruct client to read the list of aromatherapy options available 4. Instruct client to decide the type of aromatherapy sachet they would like to make 5. Instruct client to obtain proper materials (various potpourri and/or essential oils) for the particular aromatherapy that was selected 6. Instruct client to place proper amounts of material into their sachet 7. Instruct client to obtain more materials if needed 8. Instruct client to cut a piece of ribbon/string long enough to tie the sachet closed 9. Once proper amount of materials is placed in the sachet, instruct client to tie the sachet closed with a ribbon/string 10. When client is finished making their sachet, ask client if they would like to make another sachet 11. If client would like to make another sachet, repeat steps #2 through #6. If not, then ask client to help clean up materials.
Task Analysis (what the client needs to do to perform the activity)
<ol style="list-style-type: none"> 1. Pick up empty sachet 2. Read list of aromatherapy options 3. Make decision about type of aromatherapy they want 4. Recognize and locate materials for the particular sachet 5. Open sachet 6. Place materials in sachet through opening in sachet 7. Cutting the ribbon/string 8. Tie the sachet closed with ribbon/string 9. Return materials in proper bags and boxes for storage

Activity Analysis (inherent skills within the activity)	
Category	Skills
Primary body position	Sitting
Parts of the body required	Hands, arms, fingers,, eye/neck, nose
Directionality	Left/right, up/down, around, over/under, person/object, object/object
Physical skills	Active range of motion in neck/head, upper extremities, trunk, balance: dynamic sitting, balance: static sitting, bending, bilateral integration, carrying in the hands, crossing midline, fine motor coordination, grasps: palmer, scissor2-jaw chuck, pincer, gross muscle coordination, manipulating, picking up, pulling, pushing with upper and lower extremities, putting down objects, reach, releasing, stretching, turning or twisting hands or arms, visual-motor integration
Cognitive skills	Arousal/alertness, focused attention, selective attention, sustaining attention, categorization, cognitive flexibility, concentration, simple decision making, initiation, insight, long-term & short-term memory, person and topographical orientation, organization & planning, simple problem solving, reading, sequencing, spatial operations, strategy, abstract and concrete thought, time management
Sensory abilities	Auditory, olfactory, tactile, visual
Communication/language skills	Reception to spoken language, written language, body language, signs and symbols, expression of spoken language, written language, producing body language, signs and symbols
Social and interpersonal skills	Starting, sustaining, ending conversation, handling criticism, heterogeneity, homogeneity, interpersonal interaction, maintaining social space, relating to equals, persons in authority, regulating behavior, forming relationships, self-expression, social conduct, social cues, showing respect & warmth, showing tolerance
Self-care skills	Washing/drying one's self
Psychological/emotional (possible)	Growth & development, hope/optimism, inner strength, joy, positive emotion of escalation, de-escalation, well-being, sense of connection & belonging, sense of freedom/autonomy, sense of identity

Modification (to meet the therapeutic needs of the client)	
How could you simplify the activity?	Have a chart of the scents, explaining the smell as well as what is compatible with it, lessen choices available, lay out the material on the table for one type of aromatherapy or put the materials in certain areas based on the few types given. Get sachets with the drawstrings already attached to it so there is no need to cut and tie the ribbon. Participate alone, sole focus on the activity
How could you make the activity more complex?	Cover up/ Remove names of materials so that clients have to smell and recognize what smells are and then figure out what is compatible. Create a competition to determine who can create the “most __(relaxing, etc.)__” smell.
Any Additional Comments	