

# Intervention Summary

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

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**Name of activity:** How to make massage oil

Type of modality: Aromatherapy activity

Type of play	Shared Cooperative
Interaction pattern	Intra-group
# of participants required	2 or more
Equipment/supplies	Flowers, olive oil, two jars, strainer basket
Facilities required/environment	Activity can be done in a rec room or in a dining room
Precautions	Make sure clients don't try to eat the plants, make sure clients wear messy clothes like sweatpants.

## Activity Instructions

(what the therapist needs to do to facilitate the activity)

1. Therapist should check if the client is seated and ready to make some massage oil.
2. Instruct client to pick what scent they would like- lavender, mint, or rose on table before they sit down.
3. After client selected the scent they would like, make sure they pick up a small jar next to the plants (scents).
4. Instruct client to open the small jar.
5. Instruct client to then put as much of the plant material, (scent) that they chose into the small jar.
6. Instruct client to then pick up olive oil in front of them.
7. Instruct client to then pour the olive oil in small jar with scent, until it is filled to the top of the small jar.
8. Make sure that all plant material is covered with olive oil.
9. Instruct client to push down any of the plant material that is uncovered by the olive oil.
10. Instruct client to close the lid on the small jar.
11. Now the client must let the jar sit in the sun for a week.
12. Invite the clients back after the jar sat for a week.
13. Instruct client to get a small jar and a strainer basket when entering the room before they sit down.
14. Instruct client to strain oil over strainer basket and into the new jar.
15. Instruct client to close the jar after the contents is strained to let it sit for about a week in the refrigerator, and then you are ready to use your oil!

## Task Analysis

(what the client needs to do to perform the activity)

1. Client needs to choose a scent from table
2. Client needs to choose a small jar from table
3. Client takes off cap of small jar
4. Client to put scent into the small jar
5. Client picks up the olive oil in front of them
6. Client now pours the olive oil into the jar
7. Client must put cap back on the jar

8. After client lets jar sit in sun for a week, instruct client to pick up a strainer basket and small jar
9. Client must open jar and strain the plant material out to end up with just the oil
10. Client must let it sit in the refrigerator for about a week
11. Client can take out the oil from the refrigerator and use it!

Activity Analysis (inherent skills within the activity)	
Category	Skills
Primary body position	Sitting in a chair
Parts of the body required	Head, neck, arms, fingers, hands, trunk, legs
Directionality	Person/object, object/object, person/person, left/right, up/down
Physical skills	Turning of head, neck, trunk, hands, arms, bending at the waist, reaching for items
Cognitive skills	Alertness, focused attention, selective attention, sustaining attention, categorization, concentration, decision making, initiation, insight, judgement, problem solving, spatial operations, strategy, concrete thought, time management
Sensory abilities	Auditory function, tactile function, visual function
Communication/language skills	Reception of spoken language, reception to body language, expression of spoken language, producing body language
Social and interpersonal skills	Starting a conversation, Sustaining a conversation, Ending a conversation, Handling criticism, Heterogeneity, Homogeneity, Interpersonal interactions, Maintaining social space, Physical contact, Relating with equals, Relating with persons in authority, Regulating behavior, Forming relationships, Self-expression, social conduction, social cues, showing respect & warmth, showing tolerance
Self-care skills	None required
Psychological/emotional (possible)	Excitement, sense of freedom, sense of mastery, sense of frustration, sense of joy, growth and development
Modification (to meet the therapeutic needs of the client)	
How could you simplify the activity?	Picking what scent they want to use, putting on the cap, straining the jar for them
How could you make the activity more complex?	Wash off plants before use, clients talk while doing it, measure olive oil out themselves.
Any Additional Comments	

