

SBARD Notes Template

S: Name participated in a 1:1 / group therapy session doing ... where.

B: Name's current occupational therapy goals is/are ...

A: Motivation for Occupation: *(What was their general mood? Did they want to be there? Why did they want to be there? Did they want to engage and join in? Did they seem interested in taking part? Did they express any enjoyment from taking part? Were they able to make choices? How confident were they? Are they motivated to do this activity in the future or on discharge? Did this activity support the person's values, if not why not?)*

Pattern of Occupation: *(How would they normally do the task? Did they do all the aspects of the tasks as well as tidy up after themselves? Did they follow norm behaviour? Did they stay for the whole session?)*

Communication and Interaction Skills: *(How did they interact with you/others? Did they work on their own, work alongside you or work with you collaboratively? What was their speech like? What did they talk about? What was their body language like? Did they support others to complete their tasks?)*

Process skills: *(What is their memory like? Were they organised? Were they methodical? Did they know what tools they needed to use? Were they able to start the task and finish it? Were they able to plan what they wanted to do? Were they able to concentrate? Were they able to read the instructions and follow them? Were they safe? Did they make mistakes were they able to correct them independently? Did they adapt to changes or interruptions? Were they safe? Were they aware of risks)*

Motor skills: *(What was their mobility like? What was their upper limb function like? What was their grip like? How fast/slow did they work? Did they have the energy required to participate in the group? Did they have any problems reaching for items, bending down, carrying items, using the equipment?)*

Environment: *(You are considering the physical and social environment and it's impact on the person's performance, how did the environment support their engagement or did it stop them from doing anything)*

R: What are your recommendations or future goals from your observations?

D: Detail your action plan to achieve the above recommendations and/or goals.