

PERFORMANCE PATTERNS

Performance patterns

- **Performance patterns** are the **habits, routines, roles, and rituals** used in the process of **engaging in occupations or activities** that can support or hinder occupational performance.

<i>OCCUPATIONS</i>	<i>CLIENT FACTORS</i>	<i>PERFORMANCE SKILLS</i>	<i>PERFORMANCE PATTERNS</i>	<i>CONTEXTS AND ENVIRONMENTS</i>
Activities of daily living (ADLs)* Instrumental activities of daily living (IADLs) Rest and sleep Education Work Play Leisure Social participation	Values, beliefs, and spirituality Body functions Body structures	Motor skills Process skills Social interaction skills	Habits Routines Rituals Roles	Cultural Personal Physical Social Temporal Virtual
*Also referred to as <i>basic activities of daily living (BADLs)</i> or <i>personal activities of daily living (PADLs)</i> .				

Performance patterns

- **Habits** refers to **specific, automatic behaviors**; they may be useful, dominating, or impoverished (Boyt Schell, Gillen, & Scaffa, 2014b; Clark, 2000; Dunn, 2000).
- **Routines** are **established sequences** of occupations or activities that **provide a structure for daily life**; routines also can promote or damage health (Fiese, 2007; Koome, Hocking, & Sutton, 2012; Segal, 2004).

Performance patterns

- **Roles** are **sets of behaviors** expected by society and shaped by **culture and context**; they may be further conceptualized and defined by a client (person, group, or population).
- **Rituals** are **symbolic actions** with **spiritual, cultural, or social meaning**. **Rituals** contribute to a client's identity and **reinforce the client's values and beliefs** (Fiese, 2007; Segal, 2004).

Performance patterns

- Performance patterns develop **over time** and are **influenced by all other aspects** of the occupational therapy domain.
- Practitioners who consider clients' performance patterns are better able to understand the **frequency and manner** in which performance skills and occupations are integrated into clients' lives.

Performance patterns

- Although clients may have the ability to engage in skilled performance, if they **do not** embed essential skills in a **productive set of engagement patterns**, their health, well-being, and participation may be **negatively affected**.

TABLE 4. PERFORMANCE PATTERNS

Performance patterns *are the habits, routines, roles, and rituals used in the process of engaging in occupations or activities; these patterns can support or hinder occupational performance.*

Category	Description	Examples
■ PERSON		
Habits	"Acquired tendencies to respond and perform in certain consistent ways in familiar environments or situations; specific, automatic behaviors performed repeatedly, relatively automatically, and with little variation" (Boyt Schell, Gillen, & Scaffa, 2014a, p. 1234). Habits can be useful, dominating, or impoverished and can either support or interfere with performance in occupations (Dunn, 2000).	<ul style="list-style-type: none">• Automatically puts car keys in the same place• Spontaneously looks both ways before crossing the street• Always turns off the stove burner before removing a cooking pot• Activates the alarm system before leaving the home
Routines	Patterns of behavior that are observable, regular, and repetitive and that provide structure for daily life. They can be satisfying, promoting, or damaging. Routines require momentary time commitment and are embedded in cultural and ecological contexts (Fiese, 2007; Segal, 2004).	<ul style="list-style-type: none">• Follows a morning sequence to complete toileting, bathing, hygiene, and dressing• Follows the sequence of steps involved in meal preparation• Follows a daily routine of dropping children off at school, going to work, picking children up from school, doing home-work, and making dinner
Rituals	Symbolic actions with spiritual, cultural, or social meaning contributing to the client's identity and reinforcing values and beliefs. Rituals have a strong affective component and consist of a collection of events (Fiese, 2007; Fiese et al., 2002; Segal, 2004).	<ul style="list-style-type: none">• Uses an inherited antique hairbrush to brush hair 100 strokes nightly as her mother had done• Prepares holiday meals with favorite or traditional accoutrements using designated dishware• Kisses a sacred book before opening the pages to read• Attends a spiritual gathering on a particular day
Roles	Sets of behaviors expected by society and shaped by culture and context that may be further conceptualized and defined by the client.	<ul style="list-style-type: none">• Mother of an adolescent with developmental disabilities• Student with a learning disability studying computer technology• Corporate executive returning to work after a stroke

■ GROUP OR POPULATION

Routines	Patterns of behavior that are observable, regular, and repetitive and that provide structure for daily life. They can be satisfying, promoting, or damaging. Routines require momentary time commitment and are embedded in cultural and ecological contexts (Segal, 2004).	<ul style="list-style-type: none">• Follows health practices, such as scheduled immunizations for children and yearly health screenings for adults• Follows business practices, such as provision of services for disadvantaged populations (e.g., loans to underrepresented groups)• Follows legislative procedures, such as those associated with the Individuals With Disabilities Education Improvement Act of 2004 (Pub. L. 108–446) or Medicare• Follows social customs for greeting
Rituals	Shared social actions with traditional, emotional, purposive, and technological meaning contributing to values and beliefs within the group or population.	<ul style="list-style-type: none">• Holds cultural celebrations• Has parades or demonstrations• Shows national affiliations or allegiances• Follows religious, spiritual, and cultural practices, such as touching the mezuzah or using holy water when leaving and entering or praying while facing Mecca
Roles	Sets of behaviors by the group or population expected by society and shaped by culture and context that may be further conceptualized and defined by the group or population.	<ul style="list-style-type: none">• Nonprofit civic group providing housing for people with mental illness• Humanitarian group distributing food and clothing donations to refugees• Student organization in a university educating elementary school children about preventing bullying