



6 JULI 2016

FACULTEIT GEZONDHEID ALUMNI EVENT

WORKSHOP

‘BEELDEN ZIJN VAAK KRACHTIGER DAN WOORDEN’

DE ACTIVITY CARD SORT-NL (ACS-NL)

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**Amsterdam University
of Applied Sciences**



**York St John
University**

ACTIVITY CARD SORT WORKSHOP: BLENDING DUTCH AND BRITISH FLAVORS

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Welcome to this workshop

 Amsterdam University
of Applied Sciences

 York St John
University



Workshop

objectives and format

Purpose:

- Participants will have the opportunity to compare, contrast and learn the different ways of using the ACS.

Objectives:

- To describe the purpose, format and administration of the ACS-UK/NL
- To discuss the strengths and limitations of the ACS-UK/NL and reflect on its potential for practice, education and / or research.

Session format:

- Brief introduction to the research underpinning the standardisation of the ACS-UK and ACS-NL
- Participants will view the activity cards, sorting category cards and scoring forms.
- Role-play administering the assessment.
- Discussion to consider participants' views of the strengths and limitations of the ACS and its potential for their practice, education and / or research.



Is anyone already familiar with any version of the Activity Card Sort (ACS)?

If so, which version?

Have you used the ACS in practice? For research? With students?



Introduction



- ‘Everyone benefits from communities, workplaces and societies that encourage active and visible participation of older people’ (WHO, 2012, p.10)
- ‘Engagement in work, play, or activities of daily living that are part of one’s socio-cultural context and that are desired and / or necessary to one’s well-being.’
(Kielhofner, 2002, p. 115)



Participation



- Participation involves active engagement in daily life, in families, in work and in communities
(Christiansen et al., 2005)
- Engagement in social activities key determinant for healthy ageing
(Piskur, 2012)
- The enablement of engagement in desired and/or needed occupations is core domain occupational therapy
(Townsend & Polatajko, 2007)

Occupational therapy and participation



- ‘Remediation services for older people through enabling participation in meaningful occupations (Clark et al., 2011)
- Reliable and valid measures of older people’s activity participation are essential to increase understanding of the factors that facilitate participation and evaluate occupational therapy interventions that are directed at increasing participation (Law, 2013).
- This is a particular issue for: older populations with stroke (Spitzer, Tse, Baum & Carey, 2011) and mental health problems (Bannigan & Laver-Fawcett, 2011)





Activity Card Sort (ACS)

- Self-report assessment of the perceived level of participation
- Well established measure of activity engagement for older people (2nd edition, Baum and Edwards, 2008)
- Eighty nine photograph cards for activities grouped in 4 categories:
 - Instrumental
 - Low & High Demand Leisure
 - Social
- Recovery, Institutional and Community Living Version
- Different sorting categories of engagement and scoring methods

Not Done
Since Age 60

Do Less

Given up

Do Now
(at same level as before)



Work (paid)

ACS
20



Gardening/Growing
Flowers

ACS
72



Laundry

ACS
4



Taking Care of a Pet

ACS
14



Studying for Personal
Advancement

ACS
73



Household Maintenance

ACS
8



Volunteer Work

ACS
84



Listening to Radio

ACS
54



Dancing

ACS
82



Sewing
(clothing and household, including mending)

ACS
24



Dishes

ACS
3

The ACS uses Q-Sort Methodology
(Stephenson, 1936)

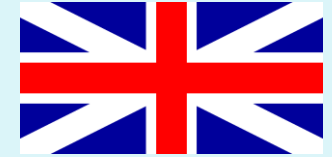


Taking Out the Trash

ACS
6



Activity Card Sort

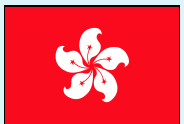
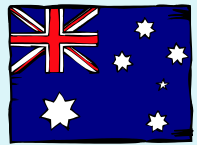


- The ACS (Baum & Edwards, 2008) is recognised internationally as a useful self-report measure of participation for clinical practice and research (e.g., Eriksson, et al., 2011)
- Translated, adapted and validated to address the activities of older adults according to the cultural context of countries.
- Two of them are:
 - Dutch version ACS-NL: Jong, van Nes, Lindeboom (2012) and Poerbodipoero, et al. (2015)
 - UK version ACS-UK: Laver-Fawcett & Mallinson (2013) and Laver-Fawcett et al (2016)
[a poster about the recent ACS-UK reliability study will be on display here tomorrow]

Other versions of the ACS

Researchers have adapted the ACS to develop several culturally sensitive and valid versions for use in:

- Arab countries (A-ACS; Hamed et al., 2011; Hamed & Holm, 2013)
- Australia (ACS-Australia; Packer, et al., 2008)
- Hong-Kong (ACS-HK; Chan et al., 2006)
- Israel (Katz et al., 2003; Sachs & Josman, 2003)
- Korea (Lee, 2009)
- Puerto Rico (Orellano, 2008)
- Singapore (as reported by Eriksson et al, 2011)
- Spain (ACS-ESP: just developed by Jorge Alegre Ayala)
- German, Belgian and Austrian versions are in development





ACS-NL and ACS-UK

- ACS-NL: 79 instrumental, high and low demand leisure and social activities
- ACS-UK: 93 instrumental, high and low demand leisure and social / cultural activities
- Both have 3 versions: Recovery, Institutional and Community Living
- Different sorting categories of participation levels used for each version
- Provide a retained activity level score (range 0 – 100 %):
- Current activity level compared to previous activity level
- Overall Global RAS score or a domain score.
- Selection five activities that are most important.



Example ACS activity card



Taking care of pets

(walking the dog, feeding, grooming, going to the vet)

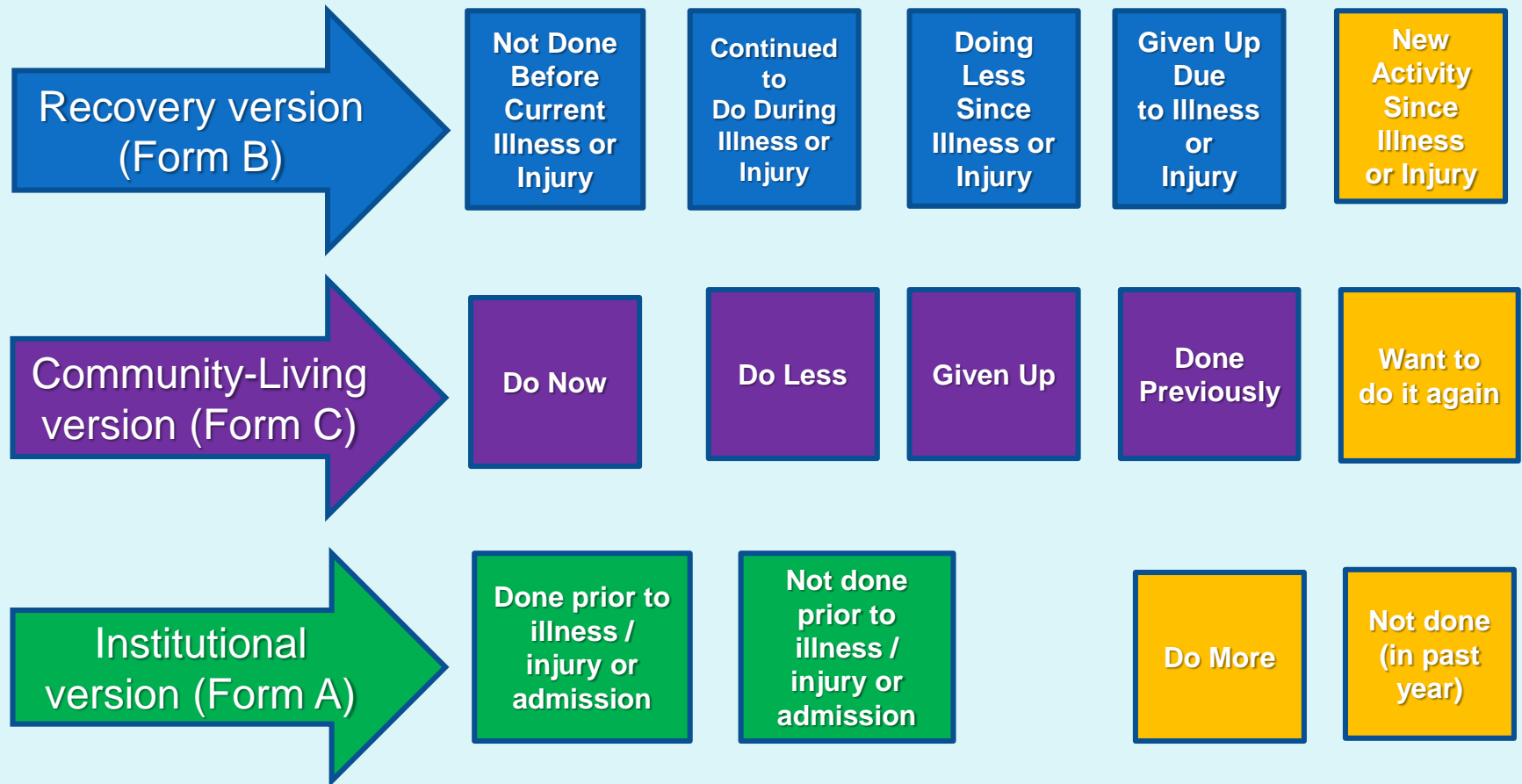


ACS-UK 13

**Example of an
additional
description
ACS-UK activity card**

(Laver-Fawcett et al, 2016)

Sorting categories for 3 ACS versions



+ Identify the five most important activities to you (they may be those you no longer do)



A4 Sorting category cards are placed on the table in front of the client.

Each Activity Card has a photograph and a description of the activity

Example – part of ACS-UK scoring form (High Demand Leisure domain)

ACS-UK card	ACS-UK Activity	Never Done	Not done in past year	Do More	Do Now	Do Less	Given Up	Done Previously	Scores	Comments
	High Demand Leisure		Not sorted							
53	Going to the Beach					0.5		1		
54	Recreational Shopping					0.5		1		
55	Dancing						0	1		Used to go to tea dances with her husband
56	Swimming						0	1		
57	Indoor Bowling	X								
58	Outdoor Bowling	X								
59	Playing Golf	X								
60	Walking					0.5		1		
61	Hiking / Rambling	X								
62	Exercising					0.5		1		
63	Riding a Bicycle						0	1		
64	Going on Holiday / Travelling					0.5		1		
65	Attending a Hobby / Leisure Group			X	1			1		Joined a local tai chi club
66	Going to Gardens / Parks					0.5		1		Would like to go more
67	Fishing	X								But use to go with father as a child and watch him fishing
	Total High Demand Leisure Activities	5		1	1	3	3x 0= 0	10	Current	1 + 3 = 4 (CA)
									Previous	10 (PA)
									% Retained	4/10 = 0.4 x100 = 40% (RAS)

ACS-NL Digital scoring form

Hogeschool van Amsterdam Activity Card Sort NL									
B. Revalidatie versie									
Gebaseerd op Baum, C. & Edwards, D. (2008). Activity Card Sort, 2nd edition. Bethesda, MD: AOTA Press.									
Naam cliënt: TEST			Naam instelling: AMC						
Geboortedatum:			Diagno: CVA						
Naam ergotherapeut: Soemitro									
Datum: 22-04-2014									
Nummer	Activiteiten (IADL)	Doe het niet meer	Doe het minder	Begin het opnieuw te doen	Blijven doen	In het verleden gedaan	Nieuwe activiteit	Niet gedaan	Tevredenheid
23	Rusten		0,5			1			1
24	Naar de kapper gaan			0,5		1			
25	Op (klein)kinderen passen				1	1			
Totaal IADL activiteiten		0	0,5	0,5	4	6	0		2
									3
Notities									
							Huidig	5	
							Vroeger	6	
							% Behouden	83,3%	

ACS-NL development

- Cultural evaluation 2007
- Translation 2008

- Instrument development and design 2012
- Reliability established 2012

- Development ACS-NL course 2013
- Release Dutch guidelines for OT in stroke 2013

- OTs educated and trained 2015
- Construct validity established 2015
- Development ACS-NL 2.0 2015



ACS-UK development

- Cultural evaluation 2009-2010
- Instrument development and content validity 2010-2011
- Face validity and Clinical Utility 2011-2013
- Inter-rater and Test-retest Reliability 2014-2016



Exercise 1: Role Play

- We are going to divide you into small groups
- Each group will receive a set of cards for one domain of either the ACS-NL or ACS-UK and a set of category label cards for either the community Living, Recovery or Institutional version.
- In your group one person should role play being an older client and one should be the occupational therapist.
- Ask the 'client' to look at each of the activity cards, one at a time, and place the card under the label that applies to his or her situation. The verbal instruction is: "Place the cards in the category that best describes your involvement with the activity."

(Baum and Edwards, 2008, p. 9)

Oefening 1: Rollenspel

- Kleine groepen aan tafel
- Op iedere tafel een set van kaarten van een domein en een aantal labels
- Een rollenspel waarbij er twee cliënten een ouder echtpaar zijn en de andere twee een ergotherapeut en een student Ergotherapie.
- Vraag de cliënten om te kijken naar de kaarten en deze bij een label te leggen. De verbale instructie is: “Plaats de kaart bij een label dat het best past bij jullie situatie.”

(Baum and Edwards, 2008, p. 9)

Discussie



- Krachten en beperkingen van de ACS?
- Potentieel van de ACS voor uw praktijk, in onderwijs of onderzoek?

Limitations of the ACS



The ACS does not provide information regarding factors such as:

- Length of time spent engaged in activities
- Frequency of participation
- Social interactions during activity participation
- Difficulty experienced while performing an activity (Baum et al., 2000; Katz, Karpin, Lak, Furman & Hartman-Meier, 2003)

(Canadian Stroke Network – Stroke Engine Assess, n.d.)



Uses of the ACS

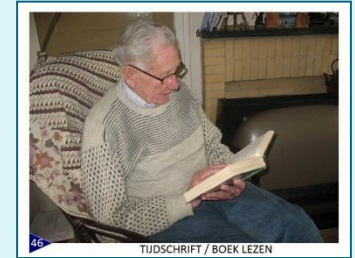
- The Activity Card Sort (ACS) **measures participation in (social activities)** (*descriptive assessment*)
- **Comparing premorbid** engagement in activities **with current activity participation** (Baum, Perlmutter & Edwards, 2000; Hartman-Maeir, Soroker, Ring, Avni & Katz, 2007)
- Useful for initial **assessment, goal setting and intervention** planning (*descriptive assessment*)
- To **monitor changes in activity participation** following onset of illness (Albert, Bear-Lehman & Burkhardt, 2009; Chan, Chung & Packer, 2006; Packer, Boshoff & DeJonge, 2008) (*evaluative assessment*)
- To **evaluate the effects of an intervention** designed to impact on a person's activity participation (*evaluative assessment*)
- Creating an occupational history (*descriptive assessment*) (Canadian Stroke Network – Stroke Engine Assess, n.d.)

The ACS as a research measure

The ACS has been used to research participation for:

- Older people living in the community
 - (Everard et al., 2000)
- Older people facing disability transitions
 - (Albert, Bear-Lehman & Burkhardt, 2009)
- People experiencing cognitive deficits
 - (Baum, 1995)
- People with stroke
 - (Edwards, Hahn, Dromerick, & Baum, 2005)
- People with vision problems
 - (Packer, Girdler, Boldy, Dhaliwal, & Crowley, 2009)
- People with Parkinson's disease
 - (Poerbodipoero, Sturkenboom, van Hartingsveldt, Nijhuis-Van der Sande n & Graff,2015)

ACS-NL in education



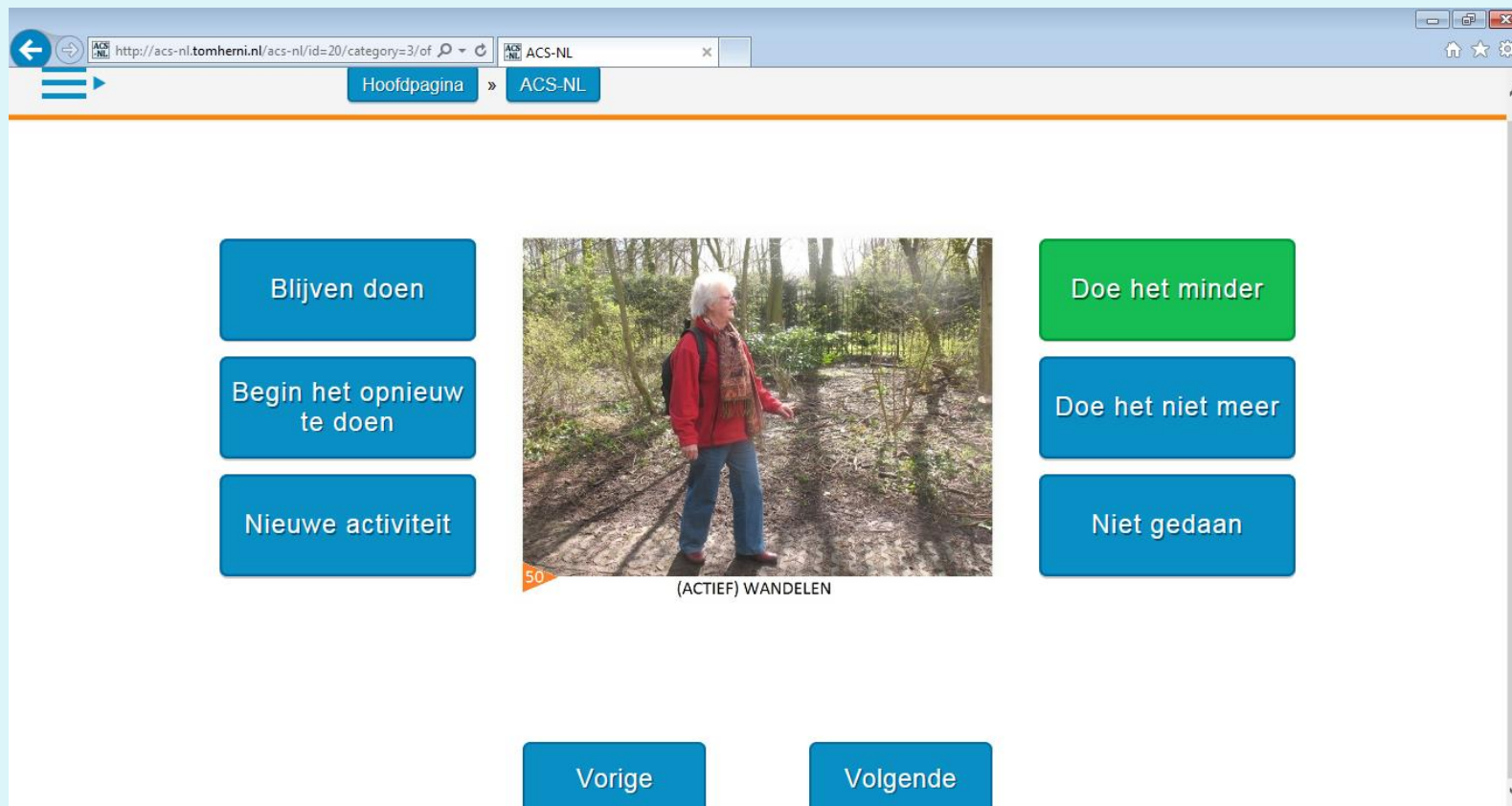
ACS-NL

- Implement in OT bachelor curricula
- Educate students and teachers
- Student (research) projects in:
 - Digital scoring form
 - Tablet / web-application
 - Midlife- version
 - ACS-NL 2.0
 - Online community platform

ACS-UK

- Implement in OT Bachelor curricula
 - E.g. to critically review
- Some students using on clinical placement
- Student as Co-researcher third year research projects
 - Face validity
 - Clinical utility
 - Reliability

Tablet and web ACS-NL version



Occupations of Older Adults: A Cross Cultural Description (Eriksson et al., 2011)

- 105 different ACS items were identified across eight ACS versions (not including the A-ACS / ACS-UK)
- 10 activities were identified as **'central activities'** for older people in all eight countries
- 16 activities were identified as **Central Asian Activities**
- 18 activities as **Central Western Activities**
- Cross cultural description as 'a starting point for further exploration of everyday occupations among older adults'

Table 3

Central Activities Across All Cultures (Performed by $\geq 50\%$ of the Participants in the Samples in Both Asian and Western Cultures)

Shopping in a store
Shopping for groceries
Doing dishes
Doing laundry
Reading magazines/books
Sitting and thinking
Watching television
Listening to radio/music
Visiting with friends/relatives
Talking on the telephone

Eriksson, G. M., Chung, J. C., Beng, L. H., Hartman-Maeir, A., Yoo, E., Orellano, E. M., ... & Baum, C. M. (2011). Occupations of older adults: a cross cultural description. *OTJR: Occupation, Participation and Health*, 31(4), 182-192.

Table 4

Central Asian Activities (Performed by $> 50\%$ of the Participants in the Samples in Asian Cultures and by $< 50\%$ of the Participants in the Samples in Western Cultures)

Central Asian Activities	Asian Country
Car maintenance	Korea
Work	Korea
Arranging bedding after one night sleep	Korea
Making traditional Korean sauce	Korea
Making kimchi	Korea
Preserving food	Hong Kong, Singapore
Sewing	Singapore
Hand crafts	Hong Kong
Going to or being in garden or park	Korea, Hong Kong
Gambling	Singapore
Running	Singapore
Going to public bathrooms	Korea
Religious services for ancestors	Korea
Attending anniversary/wedding/baby shower	Korea
Attending community activity	Korea
Attending banquets and celebrations	Korea, Hong Kong



(Eriksson et al., 2011)

Table 5
 Central Western Activities (Performed by > 50% of
 the Participants in the Samples in Western Cultures
 and by < 50% of the Participants in the Samples in
 Asian Cultures)

Central Western Activities	Western Country
Driving	Australia, Netherlands, US, Puerto Rico
Having a cup of tea/coffee at home, alone or together with someone	Australia
Mending/repairing	Puerto Rico, Israel
Spectator sports	Netherlands, US, Puerto Rico
Computer (e-mails, surfing the Internet)	Netherlands, US, Israel
Collecting	US
Putting together puzzles	Netherlands, US
Crossword or sudoku puzzles	Australia
Photography	Australia, US
Looking at color slides/photographs	Australia
Letter writing	US, Israel
Going to library	Australia
Swimming	US
Going to beach	Australia, Puerto Rico
Arranging flowers	Israel
Studying for personal advancement	US
Volunteer work	US
Social gatherings/outings	Australia

US = United States.

Exercise 2:

Cultural sensitivity issues

- Take a look at the photos of the ACS-NL and / or the ACS-UK
- Try to identify an activity which is **not coherent or fitting** with your own culture, norms or values
- Summarise in key words why not.
- Can you think of any activities that are important to you that **are not contained** in either the ACS-NL or ACS-UK versions?

Oefening 2:

Cultural sensitivity issues

- Bekijk de afbeeldingen van de ACS-NL
- Welke afbeeldingen passen niet bij uw eigen cultuur, normen en waarden ?
- Waarom niet?
- Kunt u activiteiten bedenken die belangrijk zijn maar die niet zijn opgenomen in de ACS-NL versie ?

ACS Net

- <http://acsnet.drupalgardens.com/>

Welcome to ACSnet!

A network for scientists studying activity participation using the ACS or a cultural derivative

Read more >



ACS review



A useful overview of the ACS is available at:

- Canadian Stroke Network – Stroke Engine Assess (n.d.) *In Depth Review of the Activity Card Sort (ACS)*. [Internet] Available from:
- http://strokengine.ca/assess/module_acs_indepth-en.html [accessed 26 February 2016]





CURSUS: ACTIVITY CARD SORT (NL)

Cursus

DATUM

Startdatum 07 okt

TIJD

Beelden zijn vaak krachtiger dan woorden. Het meetinstrument de Activity Card Sort-NL (ACS-NL) springt daarop in: de ACS-NL brengt de activiteiten in kaart van ouderen door het gebruik van fotokaarten in plaats van vragenlijsten. Associaties ontstaan makkelijker aan de hand van de foto's. De uitkomsten van de ACS-NL

- <http://www.hva.nl/achieve/onderwijs/post-hbo-ergotherapie/post-hbo-cursussen-ergotherapie/post-hbo-cursussen-ergotherapie/content/folder/2016/03/activity-card-sort-nl-cursus.html>



Questions and discussion



ergotherapienederland

ACS-NL

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