



# The Assessment of Motor and Process Skills

Do you want to take the Assessment of Motor and Process Skills (AMPS) certification course but need to justify the course expense to your employer? Listed below are reasons why investing in the AMPS will give you and your employer big rewards. Feel free to use any of the text below when crafting your rationale for investing in AMPS certification.

## **What is the AMPS?**

The Assessment of Motor and Process Skills (AMPS) is a one-of-a-kind ADL assessment. There are no other assessments available that measure a person's quality of ADL task performance. Most ADL assessments focus on safety or independence, but many times a client's level of safety or independence does not sufficiently describe our client's problems. Many of our clients need occupational therapy because increased physical effort and/or inefficient use of time, space, or tools has a substantial impact on their ADL task performance. The AMPS provides a more thorough measure of ADL performance because in addition to safety and independence, the AMPS measures reflect a client's level of physical effort/clumsiness and inefficiency when performing ADL tasks.

This powerful assessment was designed by occupational therapists and only occupational therapists can be certified in the AMPS.

With an AMPS certification, I can efficiently and thoroughly assess ADL performance for any client over the age of two, regardless of diagnosis. **Note to occupational therapist:** Consider using [Chapter 15](#), Volume 1 of the AMPS manual to demonstrate that the AMPS is commonly used with people who share diagnoses of the people you work with.

The AMPS has been standardized on over 250,000 persons internationally.

## **How will certifying in the AMPS improve my work as an occupational therapist?**

For each client I test with the AMPS, I can generate objective measures of the observed quality of ADL task performance. The AMPS objective measures reflect the amount of physical effort/clumsiness, inefficiency, safety risk, and need for assistance that the person demonstrated when doing ADL tasks.

I can easily generate an AMPS Results Report which graphically illustrates a client's AMPS measures and reports criterion- and norm-references interpretations of the AMPS measures.

I can use the AMPS to test another occupational therapist's clients (provided the occupational therapist is also AMPS certified) and all AMPS measures can be reliably compared throughout the client's occupational therapy service.

By certifying in the AMPS, I am adding professional certification to my professional portfolio that does not require additional training.





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I can use AMPS measures to:

- Document ADL status on evaluations, reevaluations, and discharge summaries
- Develop effective and targeted interventions
- Demonstrate that occupational therapy is making a measurable difference for a client
- Support a client's need for occupational therapy services
- Provide evidence supporting discharge planning, including the level of support a client will need to live in the community
- Enhance the information attained through general quality indicators. In fact, the AMPS process ability measure is more sensitive to change than a common quality indicator\* \*\*.

## What will my employer gain if I become AMPS certified?

By having an AMPS-certified occupational therapist, our department will increase its current roster of specialties and services.

I will be advancing our department's level of expertise by being associated with the AMPS, an internationally recognized outcome measure used in over 200 international research studies in the past 20 years.

The AMPS can be used to improve continuity of care: any AMPS-certified occupational therapist can test a client at different times throughout the client's occupational therapy service and the AMPS measures can be reliably compared.

## Where's the research about the reliability and validity of the AMPS?

The AMPS is supported by extensive validity and reliability studies. For further information about the AMPS refer to the [AMPS Reference List](https://www.innovativeotsolutions.com/wp-content/uploads/2018/06/ampsReferenceList.pdf) (<https://www.innovativeotsolutions.com/wp-content/uploads/2018/06/ampsReferenceList.pdf>).

\* Choo, S. X., Stratford, P., Richardson, J., Bosch, J., Pettit, S. M., Ansley, B. J., & Harris, J. E. (2017). Comparison of the sensitivity to change of the Functional Independence Measure with the Assessment of Motor and Process Skills within different rehabilitation populations. *Disability and Rehabilitation*. Advance online publication. <https://doi.org/10.1080/09638288.2017.1375033>

\*\* Fioravanti, A. M., Bordinon, C. M., Pettit, S. M., Woodhouse, L. J., & Ansley, B. J. (2012). Comparing the responsiveness of the Assessment of Motor and Process Skills and the Functional Independence Measure. *Canadian Journal of Occupational Therapy*, 79, 167–174. <https://doi.org/10.2182/cjot.2012.79.3.6>

