



Assessment of Motor and Process Skills

What is the AMPS?

The Assessment of Motor and Process Skills (AMPS) is a one-of-a-kind assessment of activities of daily living (ADL). There are no other assessments that can be used to measure a person's quality of ADL task performance. Most ADL assessments focus on how much assistance the person needs. Yet, a person might be independent in ADLs and still demonstrate a substantial degree of physical effort and/or disorganization. Many people need occupational therapy because their quality of performance is limited by increased physical effort and/or inefficient use of time, space, or tools. The AMPS is a thorough assessment of ADL task performance because AMPS results reflect the amount of observable increased physical effort, decreased efficiency, safety risk, as well as the person's need for assistance.

The AMPS is powerful, occupation-based assessment that was designed by occupational therapists. With your AMPS certification, you can efficiently and thoroughly evaluate the quality of ADL task performance for people with any diagnosis and from 2 years of age through the lifespan.

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

For each client that you evaluate using the AMPS, you generate objective measures of the person's observed quality of ADL task performance. The AMPS measures reflect the amount of physical effort/clumsiness, inefficiency, safety risk, and need for assistance that the person demonstrated when doing ADL tasks. Those measures are included in your computer-generated AMPS Results Reports that graphically illustrate your clients' ADL ability along with criterion- and norm-referenced interpretations.

You can use the AMPS results to:

- Document ADL status on evaluations, reevaluations, and discharge summaries
- Develop effective and targeted interventions
- Demonstrate that occupational therapy is making a measurable difference in a person's occupations
- Support a person's need for occupational therapy services
- Provide evidence for discharge planning, including the level of support a person needs to live in the community

Where is the research about the AMPS?

The AMPS is supported by extensive validity and reliability studies. For further information about the AMPS refer to the AMPS reference list, www.innovativeotsolutions.com/AMPS-references.

