



# Occupational Performance Coaching (OPC) for People with Stroke

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Article Info	A B S T R A C T
<b>Article type:</b> Review article	<b>Background and Aim:</b> Occupational Performance Coaching (OPC) is a solution-focused, family-centered intervention that consists of three main domains: emotional support, information exchange and a structured process. OPC helps client with stroke to participate in their meaningful activities as before.
<b>Article History:</b> Received: 20 January 2020 Revised: 04 March 2020 Accepted: 14 May 2020	<b>Materials and Methods:</b> We reviewed the databases such as Google scholar, ProQuest, PubMed and Science Direct. The studies that described OPC and used OPC as the intervention for stroke survivors included. The present information is available reviewing the articles from 1996 to 2019 through the search of the resources.
<b>Keywords:</b> Occupational performance coaching Occupational therapy Stroke	<b>Results:</b> In the few available studies, the primary efficacy of this approach has been confirmed. OPC in people with stroke showed moderate to large effect in performance and cognition, respectively. <b>Conclusion:</b> Preliminary findings support using OPC in client with stroke. In this approach the clients are guided to solve their problem independently so far as possible.

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