Developing an Assessment of Common Activities for Middle-Age Adults

**Purpose:** There are several occupational therapy assessments that are designed for older adults, however there is a need for more specific assessments that examine the occupations of middle-age adults. The aim of this research study was to determine whether the activities in the Activity Card Sort, 2nd Edition for older adults are in alignment with the common activities of a middle-age population.

**Design:** This study utilized a quantitative approach to assessing the frequency of common activities performed by adults aged 40-64. The researchers collected the data by means of a self-developed on-line survey. The survey included lists of activities to rate, as well as an opportunity to enter free-response activities.

**Results:** One hundred and fifty-five adults completed the on-line survey providing frequency data for 111 listed activities. Additionally, eight free-response activities were found for potential future inclusion in a middle-age version of an activity card sort.

**Conclusion:** The activities performed by middle-age adults do not differ substantially from those activities depicted in the Activity Card Sort, 2nd Edition. However the researchers concluded that several new activities could be included in a middle-age version of an activity card sort and potentially be included in the older adult version.

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