

AMPS (Assessment of Motor and Process Skills) Online Training Review

I would like to thank the FPSA trustees for supporting me to complete this training. The training has given me the opportunity to broaden my occupational therapy skill set and knowledge base in the area of performance and task analysis. With your support my observational assessment skills have strengthened considerably. I am very grateful.

Who I completed the course with:

This course was completed online with the centre for innovative OT solutions course <https://www.innovativeotsolutions.com/tools/amps>

What is involved:

The online AMPS course is suited for those who prefer a more flexible option to the in-person AMPS training course. You can start the course at any time after you purchase and have received your course manuals and access instructions. You have 3 months from the date you start the course to complete the online lessons, test 10 people, and submit the data for analysis. She can earn 45 contact hours for this course.

What is the AMPS and what are the benefits of completing it?

The assessment of Motor and Process Skills (AMPS) is a standardised observational tool designed to be used by occupational therapists to evaluate the quality of a person's performance of activities of daily living (ADL). It is comprised of 16 motor skills items and 20 process skill items. During my training I found the AMPS helped me in practice in the following ways:

- With predicting a person's functional level in the community.
- Strong evidence base
- Observational note taking strategies.
- Write occupation focused reports.
- Determine a person's need for occupational therapy services.
- Set client-centred and occupation-based goals.
- Focus on occupation focused interventions.
- Communicate the unique role of occupational therapy.
- In-depth description of motor and process skills.
- The manuals you receive, and study consist of 140 IADL and ADL ranging from very easy to much harder than average ADL tasks, great choice.

Overall opinion:

This course is a great learning opportunity for students as it allows you to focus specifically on what you see in relation to motor and process skills. It was challenging completing the course online and I found it tricky at times to complete the course and work full time. However, the support received from the centre of innovative OT solutions was really strong and I delighted to have put in the work and effort as I can see how confident I have become in my practice.