

# The Importance of Thorough and Meaningful Observations of TACPAC Session Outcomes Blog

The aim of any observation is to celebrate what the person, being observed, has achieved, can do and what they need to know, or do, next.

Any observation record is only as good as the next step it signposts you to.

With a specialist intervention, such as TACPAC, it is vitally important that any observation record is useful and fit for purpose.

It should record the progress the Receiver has made as a result of having the intervention and next step goals to aim for.

Knowing what outcome/s you expect from your TACPAC session, for each Receiver, will make your observation records easier to take and will provide beneficial information.

Your observations during the first few sessions will be especially important in establishing a baseline of where your Receiver is and enabling you to set the next steps.

Below are two examples; the first is poor TACPAC recoding and the second example demonstrates how effective observations can also help to determine the necessary strategies needed by the Giver.

## Poor practice:

*X enjoyed the session and had a nice time – is not worth the post- it, it is written on!*

## Preferred practice:

*X showed their enjoyment by smiling in response to the touch from each object in Set 1. This Receiver has in the past shown some tactile defensiveness. They responded especially well to the mop and liked to hold a mop of their own. They liked a deeper deep pressure with the spatula, especially on their feet. Their attention is still fleeting due to their developmental delay. NB See also Body Patterning record sheet.*

*Next step – Increase attention.*

*Strategy: Giver to use exaggerated facial expression and use of varied intonation and volume. Do this especially during the mop activity. Pause briefly during any touch on the Receiver's feet and wait to see if they indicate that they want it to continue or request more. Observe how this is communicated i.e., do the look to their feet and to the Giver, do they look at the object, do they become still or more active, do they vocalise or make a signed approximation for 'more'?*

## How to record:

Videeing TACPAC sessions will help you to get the most out of your observations. Being able to watch repeatedly will enable you to:

- Spot any missed wow moments,
- Scrutinise the practise of the Givers,
- Give more detailed breakdown of progress made and future targets,
- Gain a clearer picture of your Receivers' sensory impairment needs,
- Avoids interrupting the session to make notes.

If you chose to make written observation notes this is a judgement that depends on the needs of the Receiver. You might choose to do this during the session, after each activity, at the end of the session or as soon as possible after a session. If you are making written records during a session have Post - it notes or your recording sheet readily to hand and develop a way of being able to capture your observations as quickly as possible between activities so that the overall TACPAC session is not interrupted or delayed for too long. Try not to lose contact with your Receiver or let your recording detract from being in the TACPAC zone.

Don't forget to keep a record of the Body Pattern for each activity for every Receiver. Body Pattern record sheets are provided when you attend the TACPAC Essential training.

Remember we recommend at least 6 months on each Set. Make the most of this amount of time by making your observations worthwhile, next step target driven and informative.

Happy TACPACing Vanessa