

Adaptive Formulation and Outcome Review

Proposed Roy-informed planning aid. Not a validated scale or diagnostic instrument.
Complete with the client; use additional notes where needed. Keep completed records securely.

Client reference: _____ **Practitioner:** _____

Date: _____ **Review date:** _____

1 Chosen life outcome

What would the client like to become possible, and why does it matter?

2 Starting point

What happens now, when and how often? Separate report from observation. Agree an indicator and any rating anchors; allow approximate or uncertain answers.

3 Demands and resources

Focal: what is most immediate? Contextual: what contributes? Residual: influence unclear.
Note strengths, support and constraints. A past event is not automatically residual.

4 Four-mode review - strengths and difficulties

Physiological

Rest, comfort and activity

Self-concept

Meanings and personal values

Role function

Responsibilities and limits

Interdependence

Support and relationships

5 Working explanation

How might these factors relate? Record supporting observations, an alternative explanation and what remains unknown.

6 Agreed action and consent

IEMT target if appropriate; rationale, options and uncertainties; practical support or referral.
Who will do what? How can the client pause or stop?

7 Review and next decision

Compare with baseline: life outcome, target response, client view, unchanged or unwanted effects.
What else changed? Continue, revise, conclude, pause or refer: why, and when next?