

# **Ček lista vlog** (avtor: Frances Oakley; prevedla mag. N.Gričar)

## **Ozadje**

Vloge pomagajo pri oblikovanju posameznikove identitete, izražanja socialnih pričakovanj glede izvajanja, organizaciji porabe časa in vključevanja posameznika v socialno strukturo. Posebnost delovno terapevtskega pogleda na nezmožnost je razumevanje kako bolezen ali poškodba vpliva na izvajanje okupacijskih vlog. Uspešna adaptacija po bolezni ali poškodbi je odvisna od posameznikovih sposobnosti, kako kompetentno ponovno prevzame prejšnje vloge ali sprejme nove okupacijske vloge.

Ček lista vlog ima namen zbiranja informacij o posameznikovih okupacijskih vlogah. Okupacijske vloge so prisotne tako na področju sprostitve, zabave kot na področju produktivnosti. Sprostitev, zabava se nanaša na področje "brez dela" kot so hobiji, šport, rekreacija. Produktivnost pa vsebuje določena dela ali usluge, ki jih nekateri potrebujejo ali želijo.

Ček lista vlog je bila za mednarodno uporabo prevedena v enajst jezikov (arabski, nizozemski, francoski, nemški, japonski, portugalski, španski, švedski, kitajski in hebrejski, slovenski). Je zanesljiv in veljaven ocenjevalni inštrument, ki zagotavlja:

1. Podatke o posameznikovem zaznavanju svojega vključevanja v vloge skozi različna življenjska obdobja.
2. Podatke o stopnji pomembnosti posamezne vloge.
3. Dodatno informacijo glede posameznikovih sposobnosti ohranjanja ravnotežja med posameznimi vlogami.

## **Opis ček liste vlog**

Ček lista vlog je ocenjevalni instrument v pisni obliki in zahteva približno 15 minut časa. Primerna je za uporabo pri mladostnikih, odraslih ali starejši populaciji. Sestavljen je iz dveh delov. Prvi del ocenjuje prisotnost najpogostejših vlog v posameznikovem vsakdanjem življenju v določenem časovnem obdobju (preteklost, sedanost in prihodnost).

Drugi del ocenjuje stopnjo pomembnosti posamezne vloge.

V ček listi so vključene naslednje vloge: študent/ka, delavec/, prostovoljec/ka, skrbnik/ca, vzdrževalec doma, prijatelj, družinski član, vernik/ca, konjičkar (kdor v prostem času opravlja svoje najljubše delo), član organizacij. Vključena pa je tudi kategorija "drugo", kjer se lahko dopiše vloge, ki niso na seznamu. Namen ček liste je določiti vloge, ki imajo okupacijsko komponento in organizirajo posameznikovo vsakdanje življenje. Pravilo glede pogostosti izvajanja določene vloge je napisana pri opisu vsake vloge. Na primer: vloga družinski član se nanaša na skupno preživljanje časa ali početi kaj skupaj z družinskimi člani (kot so: zakonec, otrok, starš ali drugi sorodniki) *vsaj enkrat tedensko*. Torej *enkrat tedensko* je pravilo glede frekvence pri tej vlogi.

Ljudje namreč lahko vidijo sebe kot družinskega člana, vendar njegova družina živi zunaj mesta in nimajo rednih stikov. Posledično ta vloga ni prisotna pri organizaciji trenutnega vsakdanjega življenja.

## **Izpolnjevanje ček liste vlog**

Posamezniku dajte navodilo naj izpolni demografične podatke na začetku ček liste. Ostanite pri njemu dokler ne izpolni ček liste v celoti.

### **1. del**

1. Prosite ga/jo naj prebere navodila.
2. Preverite, če razume navodila. Postavite mu kakšno vprašanje, ki se nanaša na izpolnjevanje 1. dela..
3. Definirajte časovni okvir kot je napisan v nadaljevanju:
  - a) Sedaj se ne nanaša samo na danes ampak vključuje zadnjih sedem dni.
  - b) Preteklost se nanaša na časovno obdobje daljše od sedmih dni.
  - c) Prihodnost se nanaša na časovno obdobje od jutri naprej.
4. Preverite, če razume navodila. Postavite mu kakšno vprašanje, ki se nanaša na izpolnjevanje.

### **2. del**

1. Ko posameznik izpolni 1. del, ga prosite naj prebere navodila za 2. del.
2. Preverite, če razume navodila. Postavite mu kakšno vprašanje, ki se nanaša na izpolnjevanje 2. dela..
3. Definirajte vrednost, pomembnost kot je definirana v nadaljevanju:
4. Vrednost se nanaša na to, kakšno vrednost pripisuje določeni vlogi oz. kako pomembna je vloga zame ali kako močno si jo želim izvajati.

## **Priporočena literature**

V naslednji knjigi so teoretične osnove na katerih je bila oblikovana ček lista. V knjigi lahko najdete tudi veliko primerov, kjer je bila ček lista uporabljena:

Kielhofner G. (Ed.) *A Model of Human Occupation: Theory and Application, 4th Edition*, Baltimore:Lippincott, Williams and Wilkins, 2007.

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Frances Oakley, MS, OTR, FAOTA  
 National Institutes of Health  
 Building 10, CRC, Room 1-1469  
 10 Center Dr MSC 1604  
 Bethesda, MD 20892 – 1604  
 foakley@nih.gov  
 03/08

## ČEK LISTA VLOG (avtor: Frances Oakley; prevedla mag. N. Gričar)

IME: \_\_\_\_\_ STAROST: \_\_\_\_\_ DATUM: \_\_\_\_\_

SPOL:  MOŠKI  ŽENSKA ALI STE UPOKOJENI?  DA  NE

STAN:  SAMSKI/A  POROČEN-A  LOČEN-A  VDOVA/EC

Namen te ček liste je določiti pomembnejše vloge v vašem življenju. Ček lista je razdeljena v dva dela in vsebuje 10 vlog.

### 1. DEL

Pri vsaki vlogi napišite ali je vloga trenutno prisotna v vašem življenju ali je bila v preteklosti ali načrtujete izvajanje te vloge v prihodnosti. Pri posamezni vlogi lahko označite več kot en stolpec. Na primer: v preteklosti ste bili prostovoljec/ka, trenutno niste, a načrtujete to vlogo izvajati v prihodnosti, zato boste označili temu ustrezno dva stolpca (preteklost in prihodnost).

VLOGA	PRET.	SED.	PRIH.
ŠTUDENT/KA Vključen-a v redni ali izredni študij			
DELAVEC/KA Zaposlitev za polni ali skrajšani delovni čas			
PROSTOVOLJEC/KA Opravljanje prostovoljnega dela ( <b>vsaj enkrat tedensko</b> ) v bolnišnici, šoli, skupnosti, političnih akcijah, ipd.			
SKRBNIK/CA Skrbeti ( <b>vsaj enkrat tedensko</b> ) za nekoga kot je otrok, zakonec, sorodnik ali prijatelj.			
VZDRŽEVALEC/KA DOMA Prevzeti odgovornost ( <b>vsaj enkrat tedensko</b> ) za vzdrževanje doma kot je čiščenje stanovanja ali dvorišča			
PRIJATELJ/ICA Preživljanje časa ali izvajati določene dejavnosti ( <b>vsaj enkrat tedensko</b> ) skupaj s prijatelji			
DRUŽINSKI ČLAN Preživljanje časa ali izvajati določene dejavnosti ( <b>vsaj enkrat tedensko</b> ) z družinskimi člani kot so otrok, zakonec ali drugi sorodnik.			
VERNIK/ICA Vključevanje ( <b>vsaj enkrat tedensko</b> ) v skupine ali aktivnosti, ki so del verovanja posameznika (molitev je izključena)			
KONJIČKAR / KDOR V PROSTEM ČASU OPRAVLJA SVOJE NAJLJUBŠE DELO Vključevanje ( <b>vsaj enkrat tedensko</b> ) v hobije ali amaterske aktivnosti kot so šivanje, igranje glasbenega instrumenta, obdelovanje lesa, šport, gledališče, ali članstvo v klubih ali društvih.			
ČLAN/ICA ORGANIZACIJ Vključevanje ( <b>vsaj enkrat tedensko</b> ) v organizacije kot so civilne, politične organizacije ipd.			
DRUGO: _____ Napišite vlogo, ki ni napisana na seznamu in je trenutno prisotna, ali je bila prisotna v preteklosti ali pa jo načrtujete v prihodnosti.			

## 2. DEL

Spodaj so navedene iste vloge. Pri vsaki vlogi označite, kako pomembna je le-ta v vašem življenju. Označite pomembnost pri vsaki vlogi, ne glede na to, če vloge nikoli niste izvajali in je tudi ne načrtujete v prihodnosti.

VLOGA	NI POMEMBNA	DELNO POMEMBNA	ZELO POMEMBNA
ŠTUDENT/KA Vključen-a v redni ali izredni študij			
DELAVEC/KA Zaposlitev za polni ali skrajšani delovni čas			
PROSTOVOLJEC/KA Opravljanje prostovoljnega dela ( <b>vsaj enkrat tedensko</b> ) v bolnišnici, šoli, skupnosti, političnih akcijah, ipd.			
SKRBNIK/CA Odgovornost ( <b>vsaj enkrat tedensko</b> ) skrbeti za nekoga kot je otrok, zakonec, sorodnik ali prijatelj.			
VZDRŽEVALEC/KA DOMA Prevzeti odgovornost ( <b>vsaj enkrat tedensko</b> ) za vzdrževanje doma kot je čiščenje stanovanja ali dvorišča			
PRIJATELJ/ICA Preživljanje časa ali izvajati določene dejavnosti ( <b>vsaj enkrat tedensko</b> ) skupaj s prijatelji			
DRUŽINSKI ČLAN Preživljanje časa ali izvajati določene dejavnosti ( <b>vsaj enkrat tedensko</b> ) z družinskimi člani kot so otrok, zakonec ali drugi sorodnik.			
VERNIK/ICA Vključevanje ( <b>vsaj enkrat tedensko</b> ) v skupine ali aktivnosti, ki so del verovanja posameznika (molitev je izključena)			
KONJIČKAR / KDOR V PROSTEM ČASU OPRAVLJA SVOJE NAJLJUBŠE DELO Vključevanje ( <b>vsaj enkrat tedensko</b> ) v hobije ali amaterske aktivnosti kot so igranje glasbenega instrumenta, obdelovanje lesa, šport, gledališče, ali članstvo v klubih ali društvih.			
ČLAN/ICA ORGANIZACIJ Vključevanje ( <b>vsaj enkrat tedensko</b> ) v organizacije kot so civilne, politične organizacije ipd.			
DRUGO:  Napišite vlogo, ki ni napisana na seznamu in je trenutno prisotna, ali je bila prisotna v preteklosti ali pa jo načrtujete v prihodnosti.			