Selection Optimisation and Compensation
patient information worksheet

Name of therapist:          Name of Client:

Problem list: 1. 2. 3.

Main issue or problem requiring the use of SOC:

What is SOC?
Selective optimisation with compensation (SOC) is a simple problem-solving procedure that we can use to help ourselves achieve our goals in light of losses that may have developed recently. In research people who use SOC reported better life satisfaction.

When to use SOC?
The steps to using SOC can be outlined in the following simple example.

**Problem:** Mr Gray has noticed that he is developing memory problems

**Selection:** Mr Gray uses his resources as best he can by *selecting* (prioritising) what needs to be done in order to avoid overwhelming himself and to avoid stressing himself beyond his capacity.

**Optimisation:** Mr Gray needs to practice tasks to make sure he is comfortable with them. He learns important appointments and telephone numbers by saying them over and over again, (even turning it into a song!) He *optimises* his memory by use of diaries by frequently getting into the habit of writing things down.

**Compensation:** Mr Gray knows that his memory is worse when he gets tired. So he *compensates* for this by making sure he does his most important tasks in the morning.

He also compensates for his poorer memory by using memory aids like setting an alarm on his phone that rings to remind him when he has an appointment. He also uses his paper diary.

The key principles to using SOC: From the example above, to use SOC, ask your therapist to work with you to identify a loss or a deterioration in your ability to complete activities that you are concerned about. *Accepting the reality of a loss does not mean you have to just put up with losing something of value to you, instead it can mean you work to find a new way to keep important roles/goals in your life.* In the face of a changed circumstance continuing to do the same thing often just results in frustration. Use the worksheet (over page) to consider some possibilities and bring it with you to your next appointment.