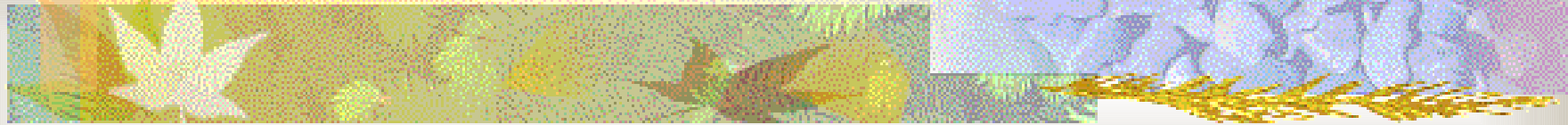


Enabling Occupation



Client-Centered Occupational Therapy and using the COPM

Adapted from: Enabling Occupation: An Occupational Therapy
Perspective, 1997, CAOT Publications



Webster

❖ Enable

- To make possible
- To make able, authorize, *empower*

❖ Occupation

- Any activity in which a person is engaged



Values and Beliefs

❖ Occupation

- Meaning to life
- Determinate of health
- Changes over lifetime
- Shapes and is shaped by environment
- **Has therapeutic effectiveness**



Values and Beliefs

❖ Person

- Unique
- Intrinsic dignity and worth
- Shape and are shaped by the environment



Values and Beliefs

❖ Environment

- Includes cultural, social and physical components
- Intertwined with occupational performance



Values and Beliefs

❖ Health

- More than absence of disease
- Influenced by having choice and control over occupational performance
- Personal dimensions
- Societal dimensions



Values and Beliefs

- ❖ Client-Centered Practice
 - Experience and knowledge
 - Active partners
 - Risk Taking
 - Focus is enabling occupation



Values and Beliefs


❖ Enabling Occupation

- Collaborate to choose, organize and perform occupations
- Promote health by: ?
- Primary focus is: ?
- Secondary focus is environment and performance components
 - The answers are “enabling occupation”



Occupational Performance

- ❖ The ability to choose, organize and perform meaningful occupations that are culturally defined and age appropriate for looking after ones' self, enjoying life and contributing to the social and economic fabric of a community.
- ❖ **It's the doing of occupation**



Canadian Model of Occupational Performance

❖ Figure 1, Page 32



Person

- ❖ All people have worth
- ❖ Holistic- treat the person in relation to other people and their environment
- ❖ Our feeling, thinking and doing



Person

- ❖ Spirituality
 - May be secular or religious
 - Self-determination
 - Is the innate essence of self
 - It makes us unique



Occupation is...

- ❖ Occupation refers to groups of activities and tasks of everyday life, named, organized and given value and meaning by individuals and a culture.



Occupation is ...

- ❖ Occupation is everything people do to occupy themselves, including looking after themselves, enjoying life, and contributing to the social and economic fabric of their communities



Occupation

- ❖ Fulfills peoples needs and purposes
- ❖ Provides FLOW
 - Skills + demands + environment = harmony
- ❖ Is a therapeutic medium
- ❖ Is NOT a task and is NOT an activity



Purposes of Occupation

- ❖ Leisure
 - Enjoyment
- ❖ Productivity
 - Social or economic contribution
- ❖ Self care
 - Looking after one's self



Environment

- ❖ Location of occupation
- ❖ External vs. internal
- ❖ Inseparable from occupation
- ❖ Includes community, national and international
- ❖ Enhance vs. distract



Occupational Performance

- ❖ Relationship between
 - Person
 - Environment
 - Occupation
- ❖ The doing of occupation
- ❖ Requires compatibility
- ❖ Change in effects change in the other



Client-Centered Practice

- ❖ Respect
- ❖ Partnership
- ❖ Advocate
- ❖ Collaborate
- ❖ Involve
- ❖ Recognize



Your Responsibilities

- ❖ Recognize but don't impose your values
- ❖ Provide resources to facilitate clients to make informed decisions
- ❖ Use your skills to guide achievement of clients' goals through engagement in meaningful occupation



Positive Outcomes

- ❖ Increases clients' participation in therapy
- ❖ Increases clients' sense of control
- ❖ Increases satisfaction with occupational therapy services
- ❖ Promotes healthy lifestyle and disease prevention
- ❖ Facilitates independence NOT dependence



Occupational Performance Process Model

❖ **Figure 4, Page 61**

**Occupational Performance
Process Model**

1. Name-Validate-Pr

**2. Theoretical
Approaches**

**3. Identify OP Compor
Environmental Issues**

**4. Strengths
and
Resources**

**5. Develop
outcomes and
action plan**

**6. Implement
plans**

**7. Evaluate
outcomes**

Resolution??



Name, Validate & Prioritize Issues

- ❖ Prioritize issues
- ❖ Must facilitate clients' identification of perceived issues
- ❖ Actual vs. potential issues
- ❖ Must remained focused on clients' needs
- ❖ Validate with client the issues you have heard
- ❖ Allows clients/therapists to determine if OT services might be helpful



Theoretical Approaches

- ❖ Select appropriate treatment to address issues
- ❖ Approach should be specific to client and/or issues
- ❖ Explain approach to clients



Identify OP Components and Environmental Issues

- ❖ Consider the environment where actual occupation will occur
- ❖ Qualitative vs. quantitative assessment
- ❖ Share finding with client
- ❖ Analyze component issues
- ❖ Component assessment can occur during occupational performance



Identify Strengths and Resources

- ❖ Includes client and therapist
- ❖ Strengths
 - What client/therapist possess to facilitate the occupational performance process
- ❖ Resources
 - What information, support, groups etc are available to support the process



Develop Outcomes & Action Plan

- ❖ Establish goals
 - Goals relate occupational performance relevant to the client
- ❖ Prioritize goals
- ❖ Goals should be a shared vision by all parties



Develop Outcomes & Action Plan

- ❖ Action plan reflect emphasis on occupation
 - Include strategies addressing occupational performance as follows:
 - Develop
 - Restore
 - Maintain
 - Promote
 - Prevent



Implement Plans

- ❖ A change process, requires sensitivity to client
- ❖ Continual analysis



Evaluate Outcomes

❖ Resolution?

- Continued intervention
 - Same goals
 - New goals
 - Refined goal

- Termination of intervention