

Occupation Centred Practice

Benefits of this approach

- Supports understanding of OT in paediatrics
- Focuses on roles and performance (rather than just specific skills)
- Highlights our OT role as being unique

Principles of Occupational- centred practice

1. Client centred (child- and/or family- centred)
2. Collaborative partnership with child and family
3. Child and family chosen goals
4. Active engagement of child and family at all times
5. Individualised and contextually relevant
6. Focuses on performance and participation at all stages (goal setting, assessment, intervention, evaluation)

Occupational Roles

- Dynamic
- Developmental and age appropriate
- Contribute to skill development
- Range from informal to formal
- Whose perspective about role importance?
- Who influences role development/ participation?
- Gain status through roles – internalise a sense of self
- Identity – dynamic process involving PEO
- Simultaneously have many roles

Strengths-based

- Shift from the medical model (focus on impairment)
- Recognise that often by focusing on occupational engagement, or the person's strength and what they want to do
- Less difficulties = increased wellbeing and happiness
- More wellbeing and happiness = less difficulties

Top down and bottom up

