

## Occupation and the Context of OT Practice (Week 1 & 5)

### Week 1: Intro to Course

#### Introduction to Occupation-Centered Practice

##### Means-End

- Means - Occupation as a medium of change - occupational therapy intervention may involve the therapeutic use of occupation as a "means" or method of changing performance
- End - Humans as occupational beings - goal (and outcome) of occupational therapy intervention is the client's improved engagement in meaningful occupation and patterns of engagement

##### Occupations as means

- When meaningful activities are chosen to:
  - match current abilities and encourage engagement
  - experience success, pleasure and other emotions
  - provide opportunities to practice skills and develop habits
  - provide feedback
  - interact with others
  - promote self-exploration and development of identity
  - facilitate transfer of capabilities to multiple context
  - enhance ability to change and adapt

##### Occupation as ends

- Therapist designs interventions to promote engagement in meaningful occupation by:
  - developing the person's skills and abilities
  - adapting and grading occupations
  - structuring and modifying the environment

##### Challenges of OT Practice

- Four approaches used by OTs which operate in dynamic tension
  - occupation-centred practice
  - client-centred practice
  - evidence based practice
  - component-focused practice

##### Review of focus & scope of practice of OT

- Occupation-centered practice
  - occupation-centred (or occupation based) is using occupation as a framework for intervention

- means and ends (modality and the goal)
- Client-centred practice
  - an approach to service which embraces the philosophy of respect for, and partnership with, people receiving services
- Evidence-based practice
  - Like a toolbox of methods to aid clinical reasoning, and, furthermore it is a toolbox consisting primarily of methods designed to integrate research study evidence into the clinical reasoning process
- Component-focused practice
  - addresses problems of clients through intervention in a very specific area of functioning judged to be the primary barrier to a more deliverable occupational pattern

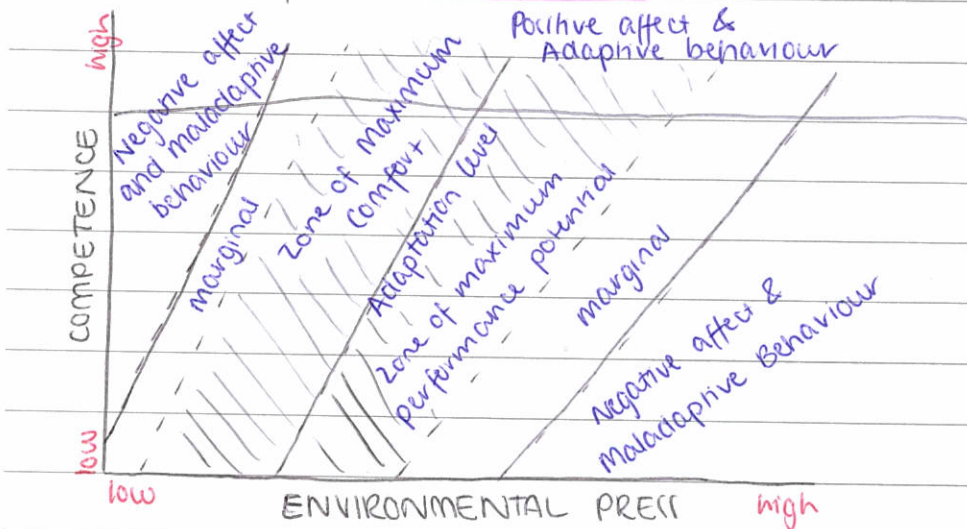
### Context of OT Practice

- Balancing responsibilities and moral contracts to:
  - Clients - (client-centred practice requires that this be our primary focus)
  - Professional identity and community
  - Other professionals on the team
  - Employer
  - Funding source

## Week 5: Context of OT Practice and Intro to Evaluating Performance

### OT Practice - Using Occupation and the Environment to Promote Participation

#### Lawton's Model of Environmental Press



#### Aspects of the Environment

- Physical - natural & built environment, objects within including structures, space, layout, topography, ambient conditions
- Social - presence, relationships and expectation of persons, groups or organisations, social spaces, social network
- Cultural - shared beliefs and values, customs, activity patterns, behaviours, standard and expectations accepted by society in which you live
- Personal - age, gender, SES, level of education, privacy, safety and security, freedom and independence, identity and connectedness
- Temporal - past, present & future, routines & order
- Virtual - simulated, real time or asynchronous situations (internet, social media, email, skype, telephone etc)
- Socio-economic - financial resources & security
- Institutional - services, systems & policies (organisations, institutions, rules, regulations, policies, practices etc.)

#### Dimensions of Home

- Personal - safety and security, independence and freedom, privacy, identity and connectedness
- Social - social activities/participation, and family, visitors and relationships
- Physical - structure, services and facilities, space, ambience and location
- Temporal - past and future, familiarity and routines