

Occupational therapy: The art and science of helping people do the day-to-day activities that are important and meaningful to their health and wellbeing through engagement in valued occupations.

Occupation: Occupation refers to groups of activities and tasks of everyday life, named, organised and given value and meaning by individuals and a culture. Occupation is everything people do to occupy themselves including:

- looking after themselves (self-care)
- enjoying life (leisure)
- contributing to the social and economic fabric of their communities (productivity)

Meaning of occupations:

- same occupation can have different meaning for different people/groups/communities
- meaning that an occupation provides can change over time
- illness and disability might change the meaning of an occupation

OCCUPATIONAL THERAPISTS USE OCCUPATION AS THEIR CORE THERAPEUTIC MEDIUM.

Patterns of participation:

- Occupational roles: change throughout our lives
- Habits: specific automatic behaviours performed repeatedly with little variation
- Routines: a higher order habit that involves sequences and a combination of steps that provide structure for daily life
- Rituals: routines that involve strong elements of symbolism and are often a reflection of one's culture.

Health: A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Occupational perspective of health:

1. People have a right to participate in occupations relevant to their community
2. Participation in occupation promotes health in individuals, families, groups, communities and populations.
3. People need to participate in a balanced range of purposeful occupations for their health and wellbeing.

Occupational Balance: The individual's perception of having the right amount of occupations and the right variation between occupations. Includes four dimensions that promote:

1. Health (eg: exercise, rest, meals)
2. Relationships (occupations done with others)
3. Challenge (engagement and competence)
4. Identity (positive personal identity)

Life Balance: Positive physical and mental health outcomes.

Life Imbalance: Negative physical and mental health outcomes: stress, unmet needs, low subjective wellbeing.

