Occupation vs Healthiness: What are we practising?

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NZAOT Vision/Mission Statements

❖ **Vision:**

Touchstone for occupational therapy:
Empowering individuals, whanau, communities and organisations to achieve their occupational needs and aspirations

❖ **Mission:**

Championing a profession of influential occupation change makers
Structure for Session

- Exercise 1
- Background
- Group discussion
- Exercise 2
- Exercise 3
- Conclusion and challenge
Mark on the continuum where you sit in your practice
I have no choice in what I practice

Mark on the continuum where you sit in your practice

I have choice in what I practice
Background - Historical Context

- 18th/19th Century: “moral treatment” (Kielhofner, 2004, p. 30.) (focus on motivation, productivity)

- Within a healthcare context, after illness / injury … (occupational performance, occupational disruption)

- Within a social justice context (marginalised groups e.g. refugees, homeless, elderly residential care)

What about the population health / health promotion context?
Background - Literature

- “It has been argued that if occupational therapists are to live up to their espoused goal of enabling participation in meaningful occupations, *they must think more critically and become aware of the value patterns and assumptions embedded in their theories and models.*”

Background - Literature

- “Without action, time weighs heavily upon us. Consequently, we are moved to fill or occupy time with the things we do…”  
  (Kielhofner, 2002, p. 2).

- “Happy and healthy only if occupied? Perceptions of health sciences students on occupation in later life.”  
  (Zecevic, Magalhaes, Madady, Halligan, & Reeves, 2010, p. 17)
Background - Literature

- “some activities are physically contraindicated because of the amount of energy required for a client who has low weight. .... If the occupation expends too much energy, the client’s choice may reflect the illness rather than recovery .... [and] present an ethical challenge when voiced as the client’s choice.”

(Clark & Nayar, 2012, p. 15)
Background - Literature

- “Occupations over time and at any age, will lead to either negative or positive health outcomes.”
  (Wilcock, 2005, p. 8)

- “Lack of occupation or the wrong kind of occupations can produce illness, isolation and despair and can lead to death”
  (Wilcock, 2005, p. 9)

- “It is very important for occupational scientists to report negative health effects as well as the benefits of doing. Only then will we be taken seriously.”
  (Wilcock, 2007, p. 6)
Discussion Questions

- Brainstorm occupations that are potentially both health promoting or not.
- In what contexts would occupations be either health promoting or not?
- Do you as an occupational therapist ever enable occupations that are not health promoting for the client? e.g. ‘client-centred practice’ principles.
Exercise Questions

• Imagine yourself engaging in this occupation

• Notice and feel what you are feeling

• Listen to what you are telling yourself

• Notice what it feels like in your body
Exercise Questions

• Imagine yourself engaging in this occupation

• Notice and feel what you are feeling

• Listen to what you are telling yourself

• Notice what it feels like in your body
“... it could be argued that if people learned to be more mindful they could develop the ability to focus more on what they are doing, experiencing more pleasure from their occupations”

(Martin, Sadlo, & Stew, 2012, p. 58)
ill health  health/wellbeing

Occupation
Meaning
Sense of identity
Attitude towards engagement / occupation
I promote all occupations

I promote only occupations that benefit health

- Mark on the continuum where you would like to be in your practice
Mark on the continuum where you would like to be in your practice
Challenge

- Think about your continuums…
  - If you want to practise more in line with facilitating health-promoting occupations, what will you do from now on to make that happen?

- Write your objective…
Vision, Mission and Values

Vision:
- ... empowering individuals, whanau, communities and organisations to achieve
  - (NZAOT) their occupational needs and aspirations
  - positive health and well-being through occupation

Mission:
- Championing a profession
  - (NZAOT) of influential occupation change makers
  - that drives positive health and well-being in society through occupation

Values:
Add – Participation: promote optimal health and wellbeing
Thank you....

- If you would like to discuss any issues arising from this workshop, please make contact:

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References


