Welcome to the workshop

Occupational science as a theoretical foundation for practice in the social arena

- to discuss the potential of OS in new arenas
- to debate limitations and possible shortcomings
Inner mechanisms:
- Muscle strength
- Range of motion
- Cognition

Focus on occupation:
- Meaning
- Engagement
- Participation

Preventive health
Community based

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- Muscle strength
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Occupational Science

Occupational Therapy
Occupational Therapy

Occupational Science

Occupational Justice

Rights for persons with disability

Demands on environment for persons with functional limitations

Occupational Apartheid

Community based work

Preventive health

Generic research about human occupation

Occupation focused rehabilitation

Generic research about human occupation

Occupational Science

Occupational Therapy

JACK OF ALL TRADES AND MASTER OF NONE

Science versus Ideology
Do It Now
Promoting participation in engaging occupations during retirement

Shoalhaven, NSW, Australia
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Do It Now

- Do It Now was a project based upon evidence that there is a relationship between seniors’ health and life satisfaction during retirement and their participation in engaging occupations. The purpose of the project was to educate up to 200 Shoalhaven residents aged 55 years and over about the importance of planning what they are going to do in retirement and then staying involved in community activities during their retirement.
Do It Now

Photo by Mark Thomson
Do It Now

• Analysis of the follow-up telephone interview data gathered from 121 participants reveals that: 99% enjoyed the Do It Now Project; 99% agree that participation in community activity positively influences health, and 50% of those already participating in community activities intend to take up new activities.
Voices from the project

• I’ve been to several seminars which looked at financial matters, but this session came from a different track and got us thinking about how we were going to spend our time, the activities we might do and even the kind of housing we might have. Plus the health aspects. It was run very efficiently in a very relaxed atmosphere (E.6.1).

• Occupation is the big thing – a lot of my friends are just sitting in their armchairs eating chips! I’m very motivated and doing things in community groups keeps me going (1.4.11).

• Always felt that if you’re actively involved then it’s much better for you all round. It makes you feel useful when you’re doing something to help others and this, in turn has a great influence on your well being.
Other projects – health-e-ageing

- **Aim** to maintain and improve the health of Shoalhaven seniors by increasing their opportunities for participation and social connections through Internet use.
Thanks to Dr Alison Wicks, principal investigator

Chair of ISOS  http://isos.nfshost.com

http://shoalhaven.uow.edu.au/aosc
ACTIVE LIFESTYLE ALL YOUR LIFE
-an intervention programme for preventing fall injuries
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Background: A large public health problem

- Fall injuries among the elderly (+65) are among the fastest growing community health problems in Western Europe and North America.
- In Sweden, falls resulting in hospitalisation have doubled in the last 20 years.
- Nine out of ten fall injuries affect people over the age of 65.
- Among women over 80 in Sweden, the risk of suffering a fall injury is 50 per cent.
International research in fall prevention show the following:

• In order to be of interest to the individual, the interventions should be formulated on the basis of maintaining an active lifestyle, maintaining the ability to pursue interests and self-determination,

• Preventive interventions that are able to address several factors and involve several different professional groups have a proven effect in reducing the number of falls among the elderly,

• To combine individually orientated measures (e.g. home visits) with group-related measures (e.g. an exercise group) has been shown to be most effective,

• To learn by trying out and practicing yourself will lead to more sustainable changes in behaviour over time.

CALL FOR AN OCCUPATION-BASED INTERVENTION!!!
Methods

• Study-groups, 10-12 meetings during 6-8 months
  – Thematic
    • Engaging occupation
    • Everyday occupations, balance, rest
    • Drug-consumption
    • Assistive devices
    • Environment, accessibility and risks
  – ”Fika” and social fellowship
  – Physical training in group (e.g. Tai-chi)
  – Individual part with home-visits and counselling
Figure 1. Sketch of the pilot study design in the implementation phase.

- Types of evaluation:
  - Occupational (IPA and OG)
  - Well-being/Fall efficacy
  - Fall incidences
  - Care-consumption
  - Experiences (process)
  - Group-leaders
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GENERAL DISCUSSION - EXAMPLES

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