

WHAT ARE OCCUPATIONS?

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Plainly stated, occupations are activities on which time is spent by a person. The World Health Organization (WHO) defines occupations as, “everyday activities that people do as individuals, in families, and with communities to occupy time and bring meaning and purpose to life (WFOT, 2012). OTs agree there are 8 areas of occupation, which include:

- Activities of Daily Living (ADL)
- Instrumental Activities of Daily Living (IADL)
- Rest/Sleep
- Education
- Work
- Play
- Leisure
- Social Participation

When there is an inability to engage in occupations to the greatest level of independence possible, an occupational therapist can provide skilled intervention to improve upon the deficit.

Why are Occupations Important?

Engaging in occupations begets engagement in the 8 dimensions of well-being. The 8 dimensions of well-being are considered to be:

- Emotional
- Environmental
- Financial
- Intellectual
- Occupational
- Physical
- Social
- Spiritual

When a person can function within the eight dimensions of well-being to their satisfaction it is assumed a person will, “be a vital, creative, and productive citizen and resident who contributes to the development of flourishing communities and a thriving nation (AJOT, 2020, p.2). When a person cannot engage in their preferred occupations, due to a disability, their well-being is affected. Improving the ability of people within these populations to engage in occupations profoundly affects well-being.

*Correction: In the video, the World Health Organization (WHO) was referenced. The correct reference is the World Federation of Occupational Therapy (WFOT).

The purpose of developing a grassroots curriculum to educate providers about OT is to improve collaboration between providers and therapists in order to improve patient outcomes. The current speed at which we must acquire knowledge in healthcare limits the ability to learn about the profession of OT. Therefore, occupational therapists must advocate for their own profession through education.

What is the goal of occupational therapy?

To improve quality of life through engagement in meaningful, daily occupations which affects overall health and wellness for Boerne’s community-dwelling older adults.



Scan the QR code to learn more, or visit: bit.ly/OTVideo2

Sources

World Federation of Occupational Therapists. (2012). About occupational therapy: Definition “occupation.” Retrieved from <https://www.wfot.org/about/about-occupational-therapy>

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