

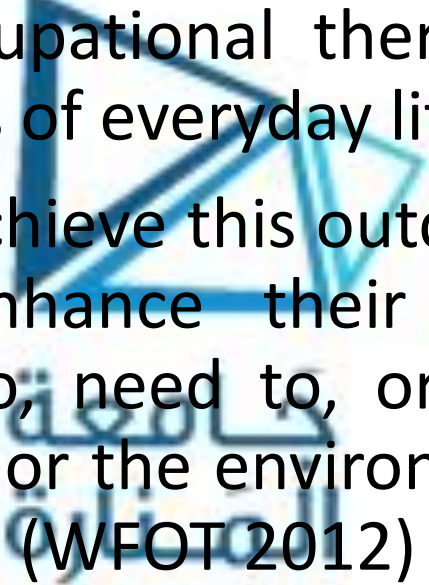
# Person, environment, occupation



# Occupational therapy

- Occupational therapy is a **client-centred** health profession concerned with promoting health and well being through occupation.

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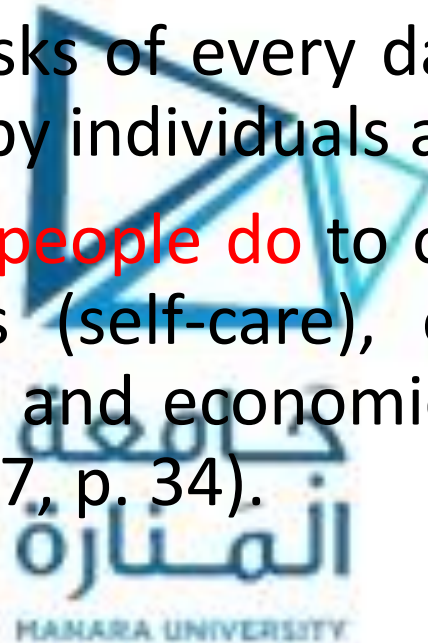
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- The primary goal of occupational therapy is to enable people to participate in the activities of everyday life.
  - Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement. (WFOT 2012)

# Occupation

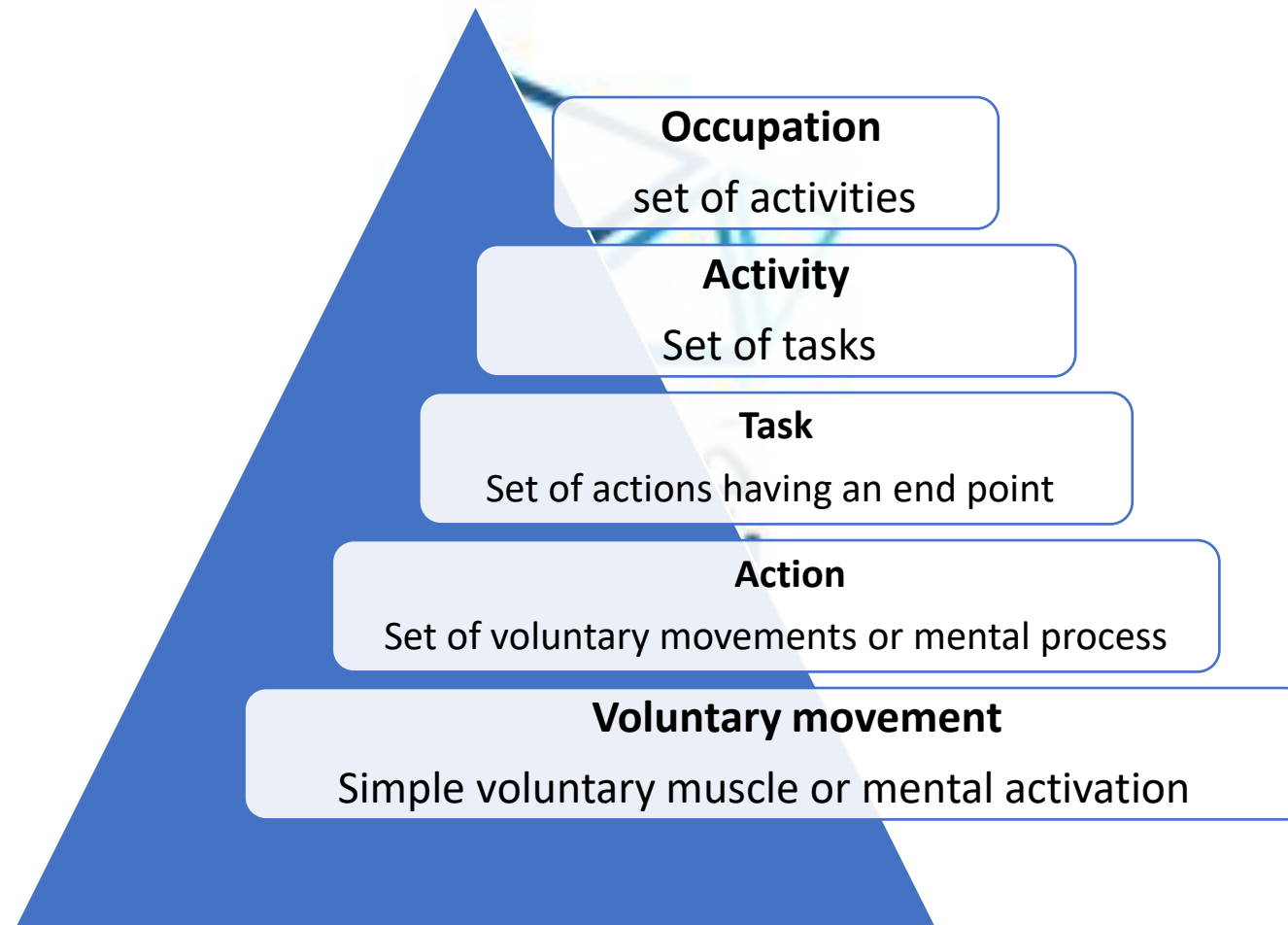


# What's an occupation?

- group of activities and tasks of every day life, named, organized 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), and contributing to the social and economic fabric of their communities (productivity)” (CAOT, 1997, p. 34).



# Taxonomic Code of Occupational Performance







Self care



Leisure



Productivity

# Meaningful Occupation

- As a source of motivation/volition
- Research showed that better results are obtained by choosing some **SIGNIFICANT ACTIVITIES**, because there is a growing motivation to learn when activity plays an important role in People's life

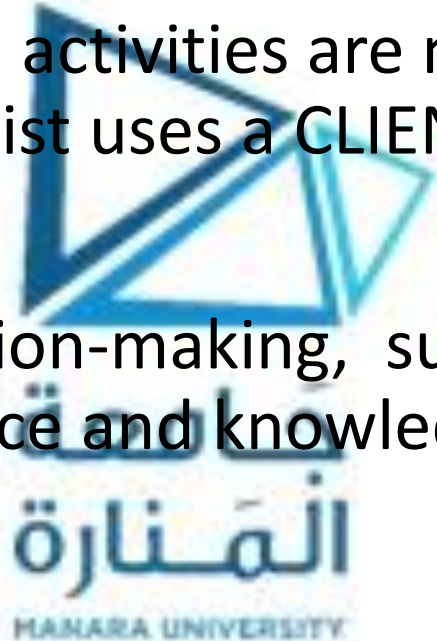




- Occupational therapists consider meaningful activities of individuals as a contribution to health and apply these meaningful occupation in their treatment
- (Meyer,1977; Townsend, 2002; Wilcock,1998;Yerxa et al.,1989)

# Client- centred practice

- To understand which activities are meaningful for a person, Occupational Therapist uses a CLIENT-CENTRED APPROACH
- Involving clients in decision-making, supporting clients needs, and recognizing their experience and knowledge
- (CAOT, 2002)



# Occupational Therapy PEO Model: person, environment, occupation













# WHAT'S A MODEL?

- It's a **simplified representation** of structures and contents of a phenomenon or system that **describes or explains** complex relationships between concepts within the system and integrates elements of theory and practice



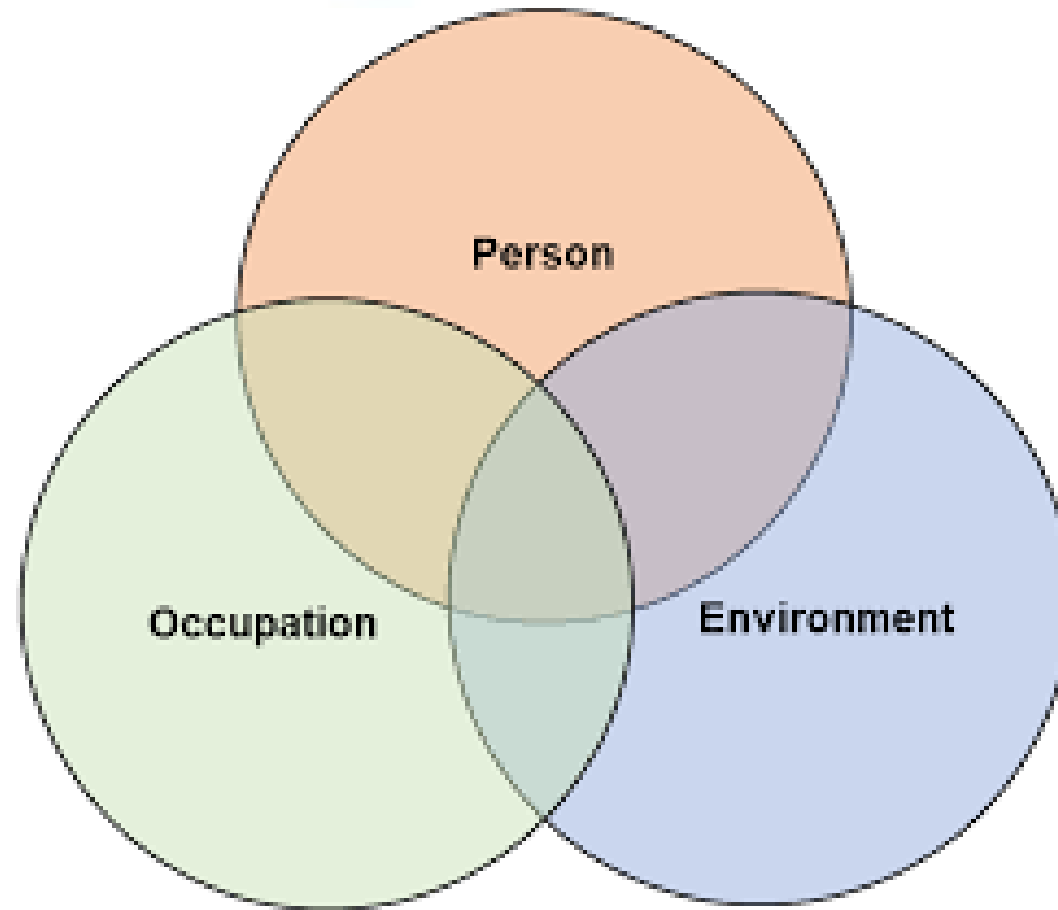
- It gives **general guides** for the practice of occupational therapy, usually applicable to all types of clients or to a large group of them
- A model is defined as a **theoretical simplification of a complex reality** (Fronlick,1993) and consist of several explicitly defined concepts.



1980 	USA: <u>Keilhofner</u>	<u>Model of Human Occupation (MOHO)</u>
1986 	Australia: <u>Chapparo e Rank (OPM)</u>	<u>Occupational Performance Model (OPM)</u>
1992 	USA: <u>Reed &amp; Sanderson</u>	<u>Human Occupations Model</u>
1992 	UK: <u>Stewart</u>	<u>Model for the practice of OT</u>
1997 	Canada: <u>Law &amp; al</u>	<u>Person/ environment/ occupation (PEO)</u>
1997 	USA: <u>Dunn &amp; McClain</u>	<u>The ecology of human performance</u>
1997 	Canada: <u>CAOT</u>	<u>Canadian Model of Occupational Performance (CMOP)</u>
2000 	UK: <u>Hagedorn</u>	<u>Competent Occupational Performance in the Environment (COPE)</u>
2005 	Italia: <u>Cunningham &amp; al</u>	<u>Modello Vivaio (MOVI)</u>
2006 	Canada: <u>Iwama</u>	<u>Kawa River Model</u>



# Person- Environment- Occupation



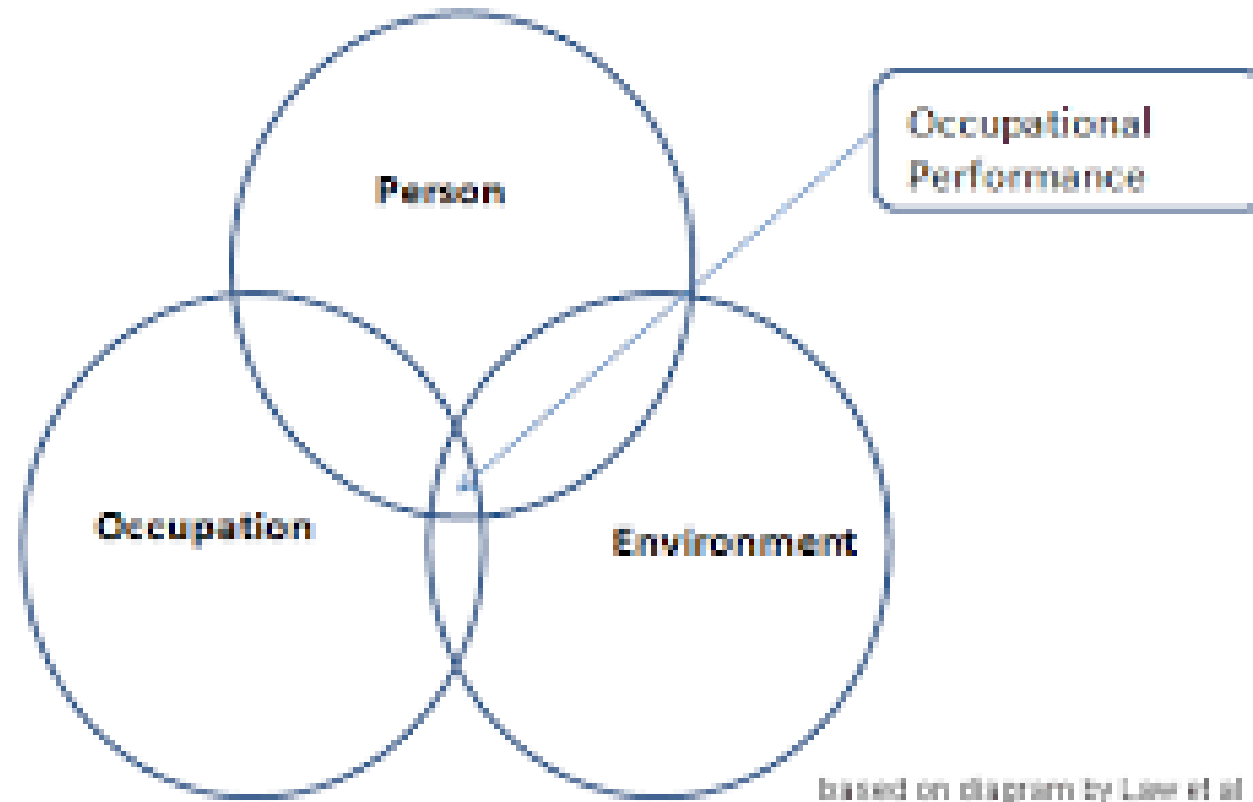


**the interaction between the person, the  
environment and the occupation  
results in occupational performance (P-E-O)**

The model is a framework that guides clinical reasoning in analysis and understanding of the interdependent interaction and therefore can form a foundation for application in practice.

- This model does not prescribe a set of assessments or provide intervention guidelines, therefore allows use of other occupational therapy assessment tools and interventions.
- These elements are dynamic and they continue throughout the lifespan.





# Person

**The person is a unique (attributes, skills, knowledge and experience)**

- Roles differ and vary
- Behaviour vary:
  - Motivation: interests, cultural relevance of activity
  - Consider situations/conditions that precipitate emotional responses: failure, stress, distraction
  - Degree of autonomy
  - The basic assumptions of the model are that person is continually developing and is intrinsically motivated.



# Environment

The environment is defined as the context within which occupational performance takes place and it is categorized into **cultural, socioeconomic, institutional, physical and social.**





# Environment

- **physical** – including natural and built surroundings
- **social** – including social groupings, common interests, attitudes
- **socioeconomic**-finances
- **cultural** – including ethnic, routine practices based on value systems
- **institutional/organizational** – including societal institutions including policies, decision- making processes, accessibility, legal funding arrangements

# Occupation

**This is defined as self directed meaningful tasks and activities engaged in throughout a lifespan**

The areas of occupation:

**self care, productivity and leisure.**



# Occupation

- activities, tasks and occupations that make up everyday life
- everything people do to occupy themselves, including
  - looking after themselves (self care)
  - enjoying life (leisure)
  - and contributing to the social and economic fabric of their communities (productivity)

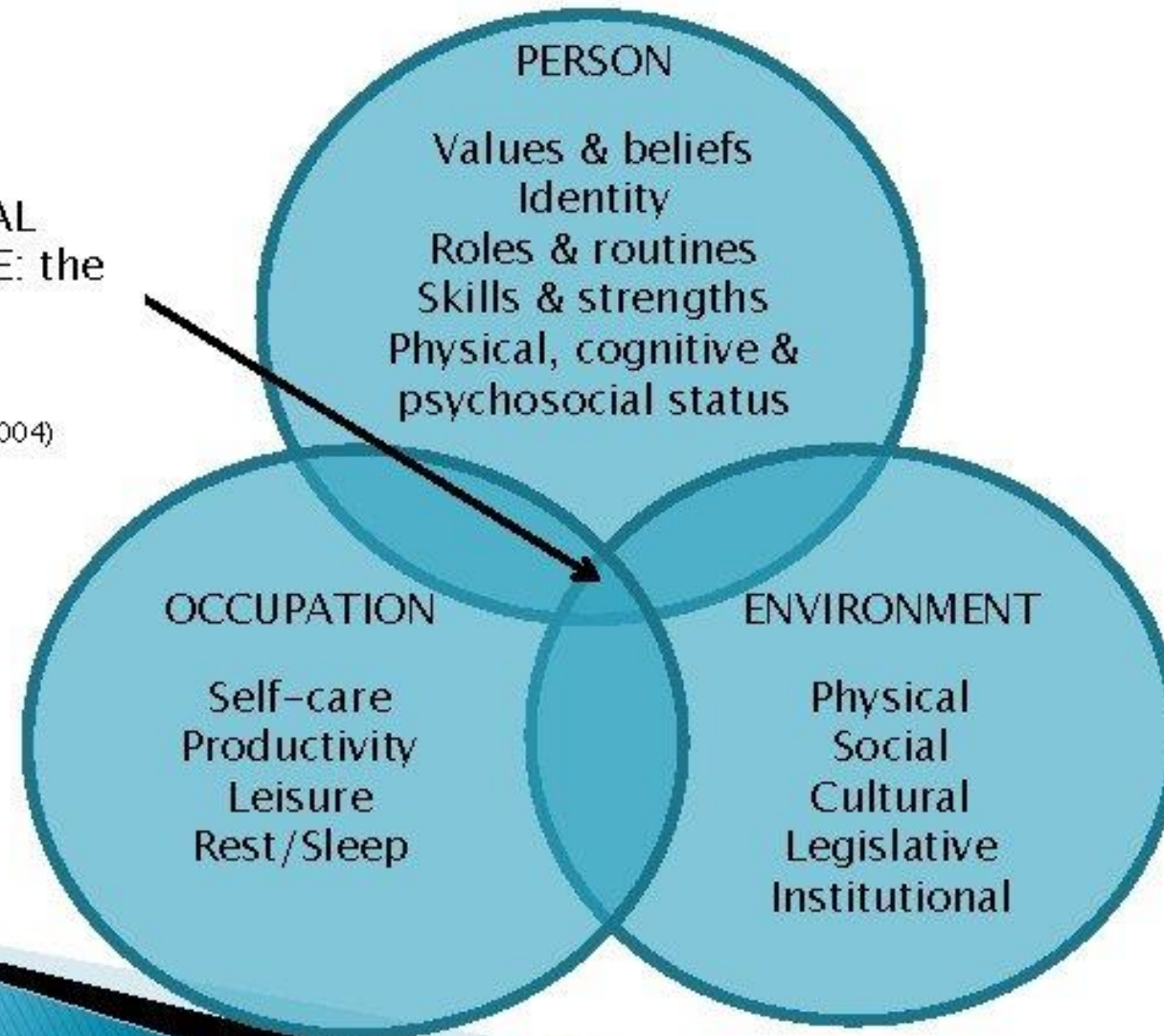
# Occupation performance

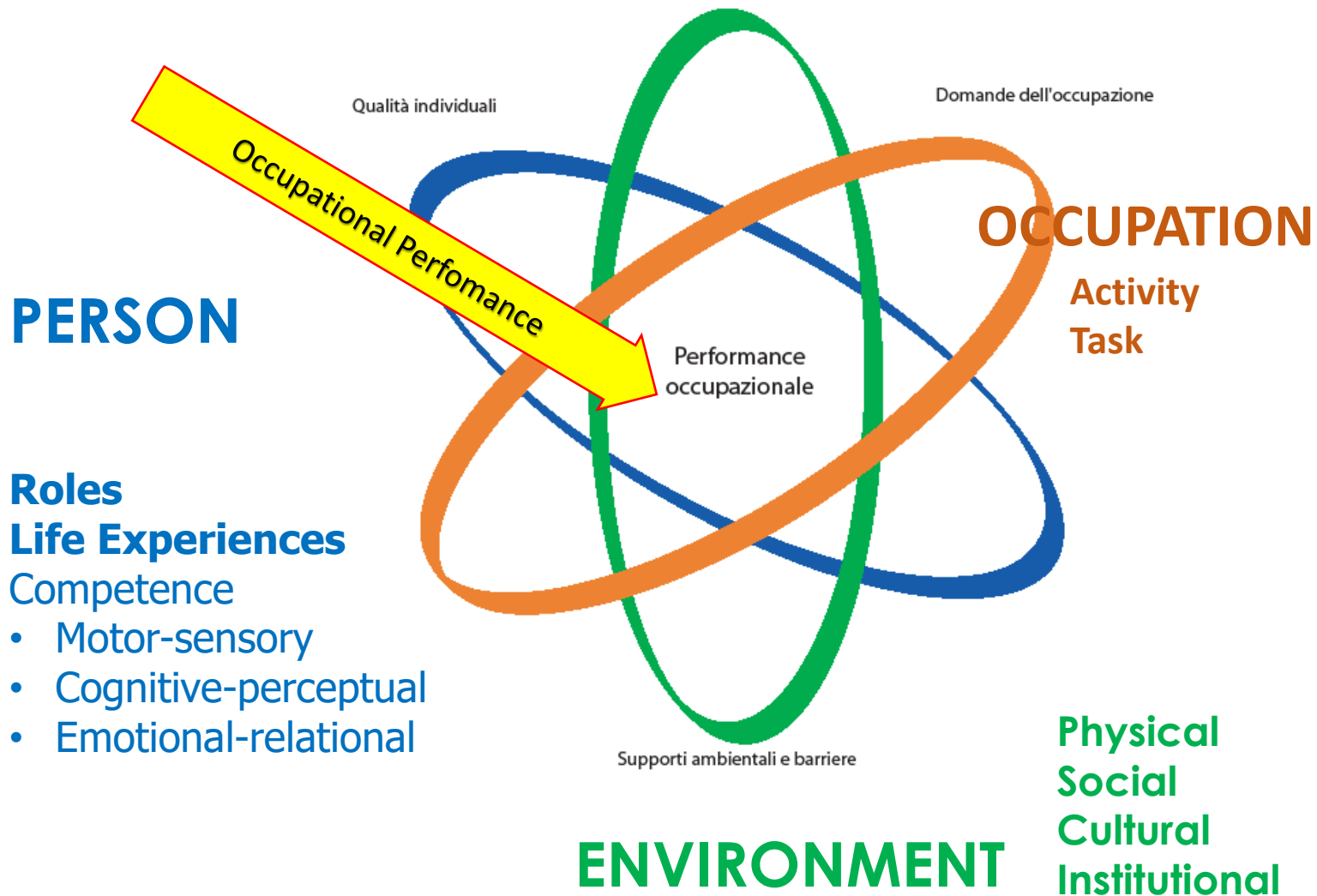


- “the doing of occupation”
- “the outcome of the transaction of the person, the environment and the occupation”
- “the ability to choose, organize, and satisfactorily perform meaningful occupations that are culturally defined and age appropriate for looking after one-self, enjoying life, and contributing to the emotional, social and economic fabric of the community”

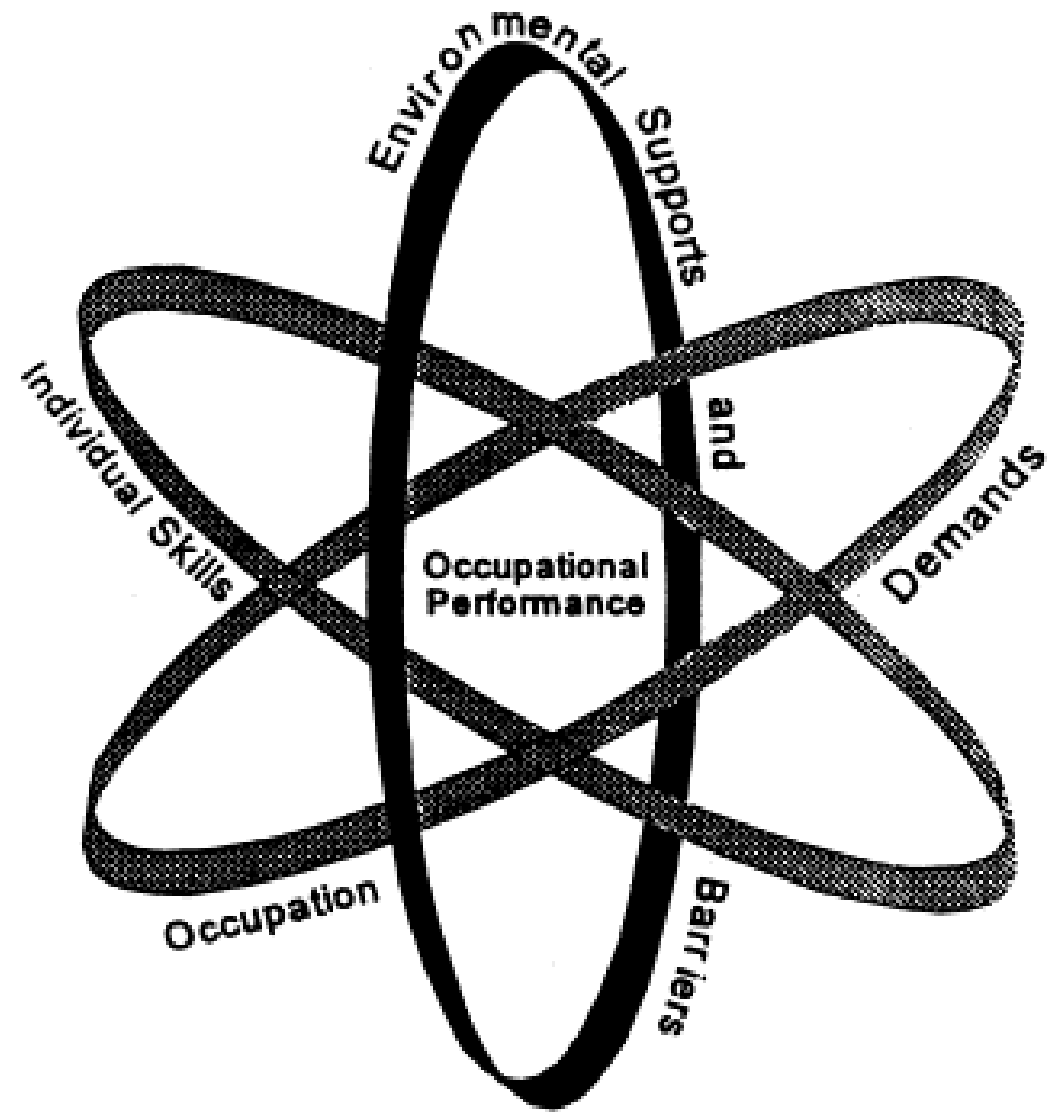
# OT Perspective: P-E-O Model

OCCUPATIONAL  
PERFORMANCE: the  
“doing of  
occupation”  
(Meriano & Latella, 2004)





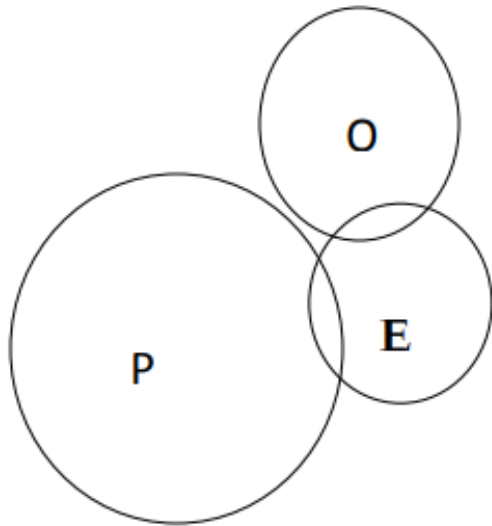




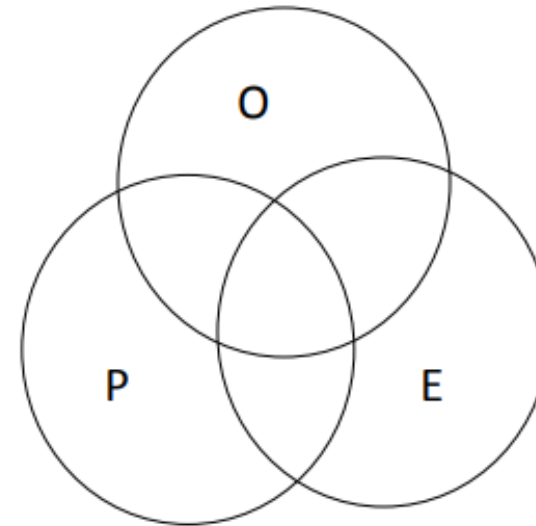
# Occupation fit



## Poor Fit

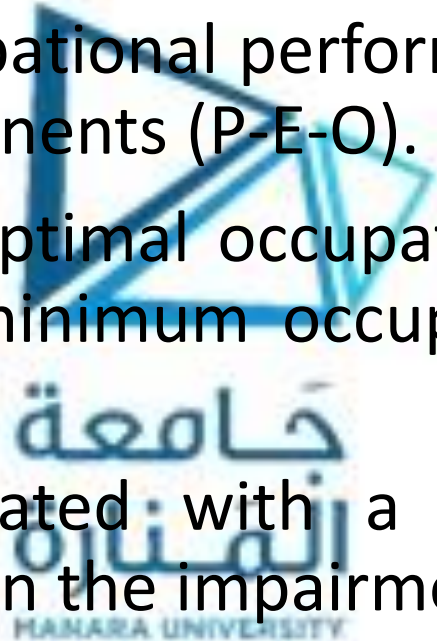


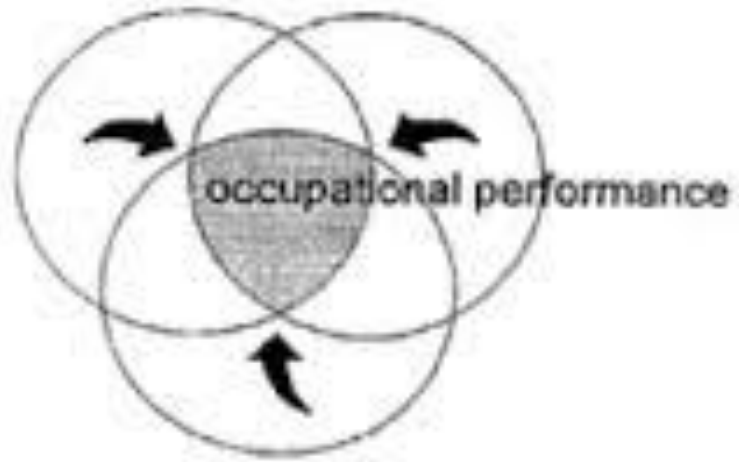
## Good Fit

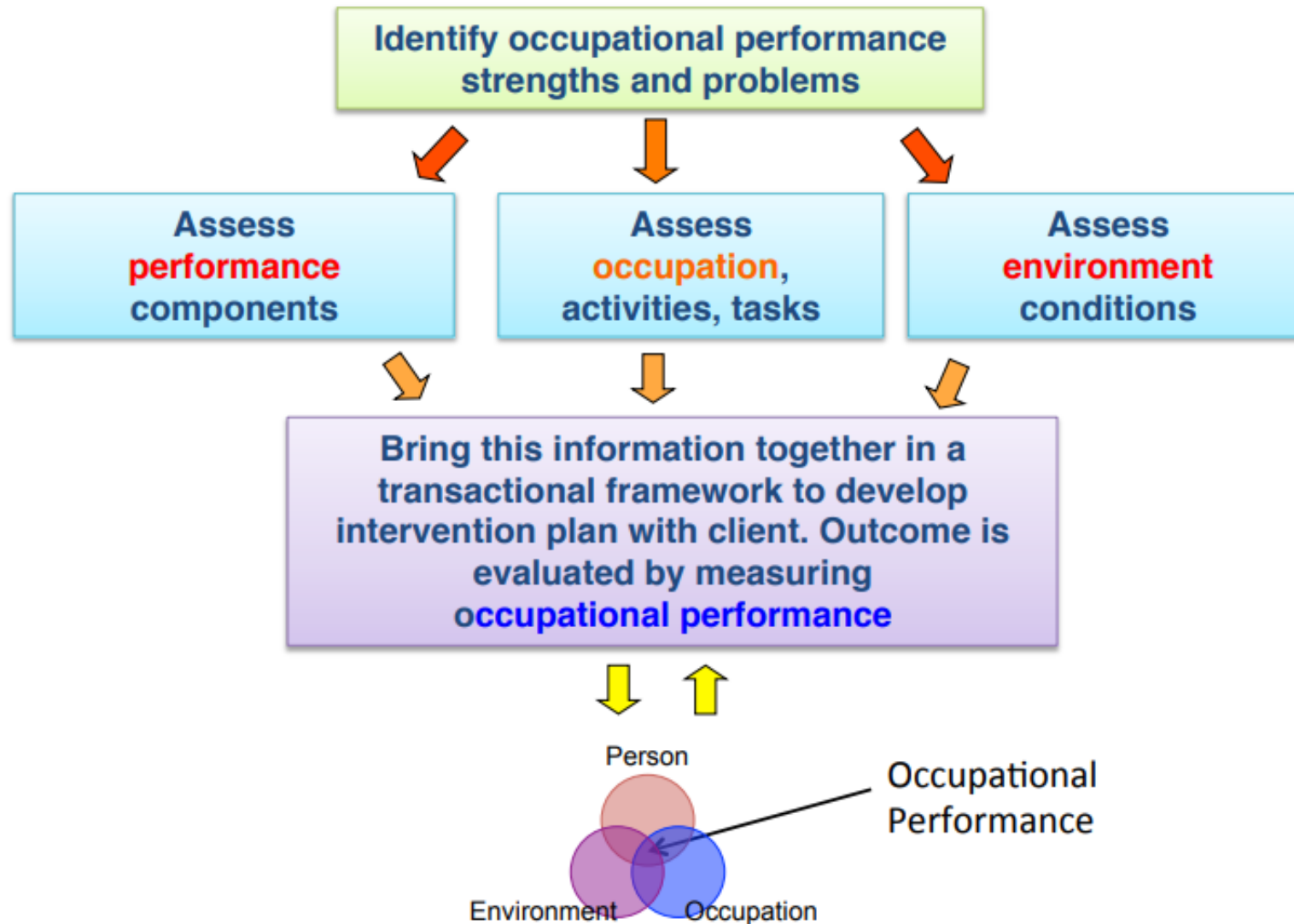


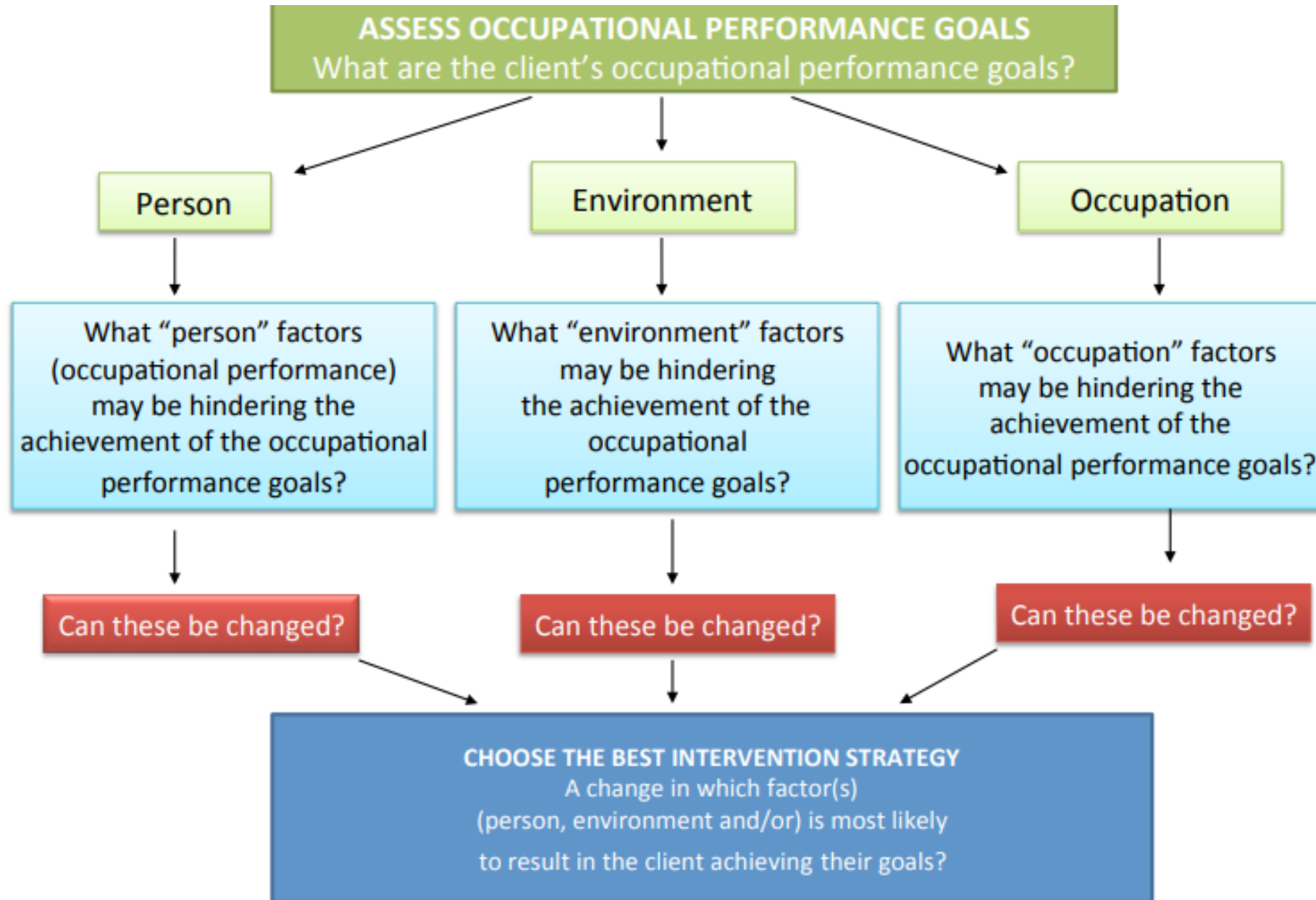
# Function- dysfunction continuum

- Optimal function or occupational performance results from a good fit between the three components (P-E-O).
- Maximum fit relates to optimal occupational performance, whereas minimum fit relates to minimum occupational performance, hence dysfunction.
- Disability can be associated with a minimum or poor person-environment fit rather than the impairment itself.













OCCUPATIONAL  
THERAPY



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Thank you

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I ♥  
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