

OT PRACTICE FRAMEWORK (2014)

OCCUPATIONS

Activities of Daily Living

- Bathing/showering
- Toileting & toilet hygiene
- Dressing
- Swallowing/Eating
- Feeding
- Functional mobility
- Personal device care
- Personal hygiene/grooming
- Sexual activity

Instrumental Activities of Daily Living

- Care of others
- Care of pets
- Child rearing
- Communication mtg
- Driving & community mobility
- Financial management
- Health mtg/maintenance
- Home establishment/mtg
- Meal preparation/cleanup
- Religious & Spiritual Act & Exp
- Safety & emergency mtg
- Shopping

Rest & Sleep

- Rest
- Sleep preparation
- Sleep participation

Education

- Formal education participation
- Informal personal educational needs/interest exploration
- Informal personal education participation

Work

- Employment interests/pursuits
- Employment seeking & acquisition
- Job performance
- Retirement preparation & adjustment
- Volunteer exploration
- Volunteer participation

Play

- Play exploration
- Play participation

Leisure

- Leisure exploration
- Leisure participation

Social Participation

- Community
- Family
- Peer/friend

PERFORMANCE SKILLS

- Motor Skills
- Process Skills
- Social Interaction Skills

PERFORMANCE PATTERNS

Related to Person

- Habits
- Routines
- Rituals
- Roles

Related to Group

- Routines
- Rituals
- Roles

CONTEXT & ENVIRONMENT

Cultural

- Ethnicity, family attitude, beliefs, values

Personal

- Age, gender, socioeconomic, and educational status

Temporal

- Stages of life
- Time of day
- Time of year
- Duration

Virtual

- Realistic simulation of an environment
- Chat rooms
- Radio transmissions

Physical

- Objects
- Built environment
- Natural environment
- Geographic terrain
- Sensory qualities of environment

Social

- Relationships with:
 - Individuals, groups, organizations
 - Political, economic, institutional

ACTIVITY DEMANDS

Objects Used & Their Properties

- Tools
- Materials
- Equipment
- Inherent properties

Space Demands

- Size
- Arrangement
- Surface
- Lighting
- Temperature
- Noise
- Humidity
- Ventilation

Social Demands

- Rules
- Expectations of other participants

Sequencing & Timing

- Specific steps
- Sequencing/Timing requirements

Required Actions

- Motor
- Process
- Communication

Required Body Functions

- Mobility of joints
- Level of consciousness
- Cognitive level

Required Body Structures

- Organs
- Limbs
- Sensory components

CLIENT FACTORS

Values, Beliefs & Spirituality

Body Functions

- Mental functions
- Global mental functions
- Sensory functions
- Neuromusculoskeletal & movement-related functions
- Muscle function
- Movement function
- Cardiovascular...
- Voice & speech functions
- Skin & related structure functions

Body Structure

OT PRACTICE FRAMEWORK (2014)

TYPES OF OT INVENTIONS

Occupations & Activities

- Occupations
- Activities

Preparatory Methods & Tasks

- Splints
- Assistive Technology & Environmental Modifications
- Wheeled Mobility

Education & Training

Advocacy

Self-Advocacy

Group Interventions

APPROACHES TO INTERVENTION

- Create, promote
- Establish, restore
- Maintain
- Modify
- Prevent

OUTCOMES

Occupational Performance

- Improvement
- Enhancement

Prevention

Health & wellness

Quality of life

Participation

Role Competence

Well-being

Occupational justice

Occupational Profile: summary of a client's occupational history and experiences, patterns of daily living, interests, values, and needs. Developing the occupational profile provides the occupational therapy practitioner with an understanding of a client's perspective and background. (p. 13)

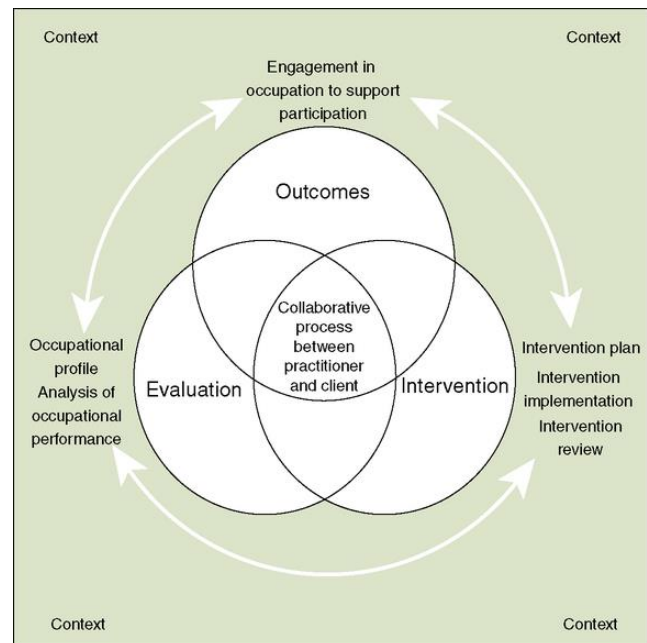
Analysis of Occupational Performance:

Accomplishment of the selected occupation resulting from the dynamic transaction among the client, the context and environment, and the activity or occupation. In the *analysis of occupational performance*, the client's assets and problems or potential problems are more specifically identified through assessment tools designed to observe, measure, and inquire about factors that support or hinder occupational performance. Targeted outcomes also are identified. (p. 14)

OVERVIEW OF OCCUPATIONAL THERAPY'S PROCESS

Therapeutic Use of Self: An integral part of the occupational therapy process. Allows OT practitioners to develop & manage their therapeutic relationship with clients by using narrative and clinical reasoning; empathy; and client-centered collaborative approach to service delivery. Clients bring to the OT process their knowledge about their life experiences, hopes and dreams for the future. They identify and share their needs & priorities. OT practitioners bring their knowledge of how engagement in occupation affects health, well-being, and participation. Together the practitioner-client team collaborate to identify, prioritize and carryout the intervention plan.(p. 12)

Activity Analysis: Addresses the typical demands of an activity, the range of skills involved in its performance, and the various cultural meanings that might be ascribed to it. . . . Occupation-based activity analysis places the person in the foreground. It takes into account the particular person's interests, goals, abilities, and contexts, as well as the demands of the activity itself. These considerations shape the practitioner's efforts to help the . . . person reach his/her goals through carefully designed evaluation and intervention. (Crepeau, 2003, pp. 192–193)



Achieving health, well-being, and participation in life through engagement in occupation.

AOTA (2014). *Occupational Therapy Practice Framework, 3rd Edition*