

Occupational Therapy Concepts

In relation to health and well-being

Occupational Deprivation

Prolonged restriction from participation in meaningful occupations due to circumstances out of their control.

Example: Being born into a family with financial struggles may restrict an individual from participating in sports that have high additional costs (such as dance lessons; competition fees, costumes)...

Occupational Imbalance

An abundance of activities within a person's lifestyle that do not meet the physiological, psychological, or social needs in a healthful or satisfactory way, for the individual.

Example: not having enough time allocated between leisure activities (hobbies: gardening, dancing), self-care activities (hygiene: brushing teeth, showering) and productivity activities (efficient: attending work, completing assignments)... imbalance has negative effects on health and wellbeing and can lead to an intense feeling of 'being overwhelmed'.

Occupational Injustice

Where somebody's right to participate is obstructed by circumstances out of their control.

Example: Financial hardship may lead to occupational injustice due to travel expenses – which favour those with disposable income.

Occupational Disruption

Refers to a temporary interruption to an individual's occupational engagement.

Example: A temporary distraction such as a baby crying, washing machine beeping, phone ringing, etc.

Meaningful Occupation

An activity that is personally or culturally important to the individual.

Example: hobbies like football and self-care activities like brushing teeth.



Occupational Engagement & Flow

Occupational Engagement: is a psychological, physiological, mental or spiritual level of participation within a meaningful occupation.

Flow: refers to the positive experience that occurs, resultant of prolonged engagement, which leads to entire engrossment within the meaningful occupation; subsequently creating a sense of calm – regardless of life circumstances, due to the individual's skills and productivity temporarily overriding any ongoing difficult life circumstances.

Occupational Rights, 2019

The right of all people to engage in meaningful occupations that contribute positively to their own well-being and to the well-being of their communities.

Example: Regardless of any characteristics or traits; everyone is equally entitled to participate in activities that they enjoy.

Self-Help

The use of one's own efforts to achieve tasks without exclusively relying on others.

This promotes independence and initiative

Example: Doing something to increase your own sense of happiness, health or well-being

This could be as simple as buying yourself a coffee, taking yourself on a scenic walk, etc...



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