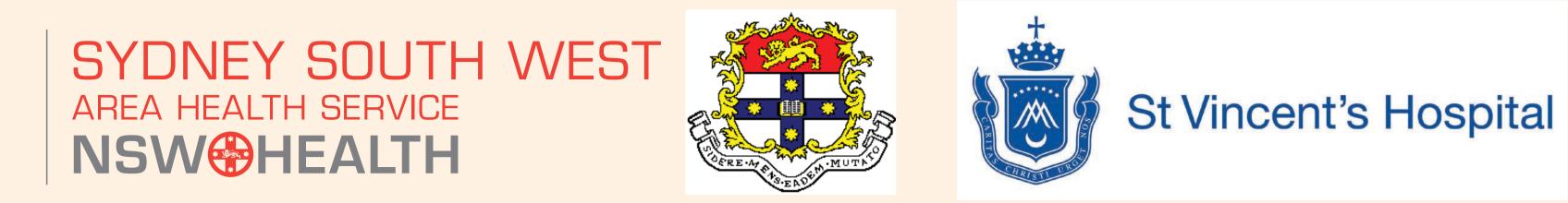
# Role-based practice: A conceptual illustration of occupational therapy in HIV/AIDS care.

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## **OVERVIEW**

Occupational Therapy (OT) addresses the occupational performance needs of people; that is, the capacity of people to carry out (perform) needed and/or desired daily tasks and routines (occupations). Occupational therapists aim to enable people to fulfill the requirements of their chosen and needed occupational roles and to participate in life to the fullest as individuals and with his/her role partners.

## CONCEPTS

**Occupational Roles** 

Parts played out in life

Time & Space

Past-Present-Future

Synchrony of life, eg.

'Place' & 'Fit' here & now Life history Vision of future Established through choice and/or need. Varied and idiosyncratic. Some remain and others change over time, eg. • Self-carer • Survivor• Friend • Photographer • Accountant

**Occupations** 

Self-maintenance Rest Leisure Productivity Everyday tasks & routines carried out to fulfill role requirements, eg.

Grooming • Taking medication • Clubbing

Context

Physical - Sensory Social - Cultural Political - Economic

Structures, systems, regulations &

Using transportation
 Photography
 Money handling

#### Capacities

Biomechanical Sensory-motor Cognitive Intrapersonal Interpersonal Human characteristics that enable one to perform everyday tasks and routines, eg.

Strength Endurance Balance Sensory discrimination Remembering Planning Deciding Desire Drive Esteem

Self-expression Listening economies that impact on performance, eg. People, Buildings, Climate, Mores & beliefs, Laws, Services, Funds

# John wished to return to

Core ElementsBodyMindSpiritCentral core of health and wellbeing, eg.PhysicalClarityStrength<br/>of mindbealthof mindof spirit

### Sam needed to develop his role

*as a positive survivor and self-carer* Occupational therapy focused on living skills and capacities

#### *Work as an accountant* Occupational therapy focused on return to work skills and capacities:

Personal presentation Job seeking skills
Job skills Stress management
Confidence building Motivation
Concentration Interpersonal skill development
Memory retraining Work conditioning
Time management Money management
Transportation skills Support networks

## - APPLICATIONS -

Occupational therapy programs consist primarily of
task training and modification,
capacity building and compensation
establishing environmental fit
promoting health and wellbeing

Budgeting and \$ management • Cooking skills
Personal hygiene & grooming • Communication
Community participation • Focusing attention
Medication management • Transportation skills
Leisure/hobby development • Memory strategies
Support networks • Planning & judgment
Stress management & Relaxation