

# Enabling Occupation II:

## Advancing an Occupational Therapy Vision for Health, Well-being, & Justice through Occupation

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### Features

- New Canadian guidelines for occupational therapy
- Over 60 contributing authors from across Canada
- Companion document to the *Enabling Occupation: An occupational therapy perspective* publication
- National, international and consumer peer reviewed
- New models for occupational engagement, enablement and a new practice framework for occupational therapy
- Fourteen chapters and over 25 cases to link theory and practice
- Fully indexed with an updated glossary and references

### Book Structure

#### Acknowledgements

#### Preface

#### Section I

OCCUPATION: THE CORE DOMAIN (3 chapters)

#### Section II

ENABLEMENT: THE CORE COMPETENCY (3 chapters)

#### Section III

OCCUPATION-BASED ENABLEMENT (4 chapters)

#### Section IV

POSITIONING OCCUPATIONAL THERAPY (4 chapters)

#### Glossary

#### References

### From our reviewers

*"Enabling Occupation II is a necessary and very valuable book for occupational therapy students and for practicing occupational therapists. It promotes the concept of enabling occupation as a direction occupational therapy must continue to take for the wellness of clients and for the health of the profession.... when I was in active medical practice, I thought of occupational therapy as a therapeutic tool in the biomedical model, to be used to increase a patient's function. I thought the therapeutic process was more important than the outcome. I gave little thought to occupation as a health benefit."*

**Shawn Jennings MD** and former Occupational Therapy Client

*[Enabling II] is a unique, powerful book that will impact on occupational therapy knowledge development and practice well into the future, ensuring our relevance to diverse peoples in diverse settings and contexts. It represents no less than the maturation of vision and purpose of a discipline whose real relevance and social contribution may, finally, be realized ... surely a magnus opum.*

**Gail Whiteford PhD**, Professor and Chair, Charles Sturt University, Australia

*"I have been an occupational therapist for 35 years, having worked in a variety of clinical settings, taking on many leadership roles, and lecturing and tutoring occupational therapy students. This document makes me very proud to be a Canadian occupational therapist! I think that it has accomplished its purpose of continuing Canadian occupational therapy leadership in "client-centered, occupation-focused practice" that is evidence-based. The chapters followed a logical format, with clear overview of each section. The CPPF model expands the practice of occupational therapy in Canada and provides both students and practicing therapists a new lens through which they can advance the profession."*

**Sandra Bressler BOT, OT(C), MA, FCAOT**, Richmond, British Columbia



# *Enabling Occupation II:*

## *Advancing a Canadian Occupational Therapy Vision for Health, Well-being, & Justice through Occupation*

### **Section I - Occupation: The Core Domain of Concern for Occupational Therapy**

As a practitioner, Section I provides you with the opportunity to reflect on the implications that embracing occupation as our core domain of concern has for your practice. The Section promotes an appreciation of the full breadth of human occupation and facilitates the adoption of an occupational perspective in viewing the world. With the Section you are encouraged to adopt an occupational perspective to guide your practice, be it as a clinician, educator, researcher, administrator, manager, or consultant. You will immerse yourself in language frameworks and models that will help to organize your thoughts and articulate your understanding of occupation and to explore the learnings that occupational science can shed on your understanding and appreciation of occupation.

### **Section II - Enablement: The Core Competency of Occupational Therapy**

The centerpiece of Section II is a new Canadian Model of Client-Centered Enablement (CMCE). Introduction of the CMCE in Chapter 4 will start with a brief review of the evolving definition and language of enablement. Enablement, aligned with client-centered practice, is considered with clients who may be individuals, families, groups, communities, organizations and populations. Enablement skills draw on value-based, conceptual enablement foundations in the context of collaborative client – professional relationships. Enablement is directed by aims to enhance health, well-being, and a just and inclusive society. Critical reflections on the CMCE are captured in a four-point enablement continuum from ineffective, negative enablement to effective, positive enablement. Readers will celebrate enable (verb) and enablement (noun) as the core competency of occupational therapy. You will immerse yourself in the language to describe occupational therapy competency in terms of client-centered enablement foundations and enablement skills.

### **Section III - Occupation-Based Enablement**

Section III provides the ‘how to’ of enabling occupation. Drawing together the learnings from Sections I and II, it describes the breadth of a practice that is framed in enabling occupation and provides practice exemplars that bring the full scope of occupational enablement to life. In Section III the power of occupations as means and end is reaffirmed and the essential elements of practice are defined. A tool, the *Fit Chart*, is provided to guide the process of identifying occupational issues and possible solutions. Methods of enabling change are described for person, occupation and environment at the individual group and societal levels. Finally, a new practice framework, the *Canadian Practice Process Framework (CPPF)*, is introduced that will enable therapists to engage in reflective practice and enact an evidence-based, client-centered, occupation-based practice. The Section guides you through each aspect of the *CPPF*, using multiple, rich practice examples and providing charts that will be useful in framing your own practice.

### **Section IV - Positioning Occupational Therapy for Leadership**

Readers will be energized throughout Section IV with strategic ideas to make an occupational perspective and enabling occupation more visible and better supported in systems and society. Those within the profession are invited to critically reflect on positioning practice for enabling occupation as a clinician, educator, researcher, administrator, manager, or consultant. One message in Section IV is that occupational therapists hold beliefs, values, knowledge and skills to demonstrate the breadth and quality of enabling occupation. The other message in this Section is that demands for the profession are greater than our capacity to address them: we need to increase, retain, and fully utilize the supply of occupational therapists and occupational therapy support personnel with greater funding, policy, legislation, and media support. Leadership to advocate for funding and other conditions for enabling occupation is clearly in the hands of occupational therapists and our allies. This Section illustrates politically-grounded strategies that the profession is already using, and that flow directly from our experience in designing and advocating for innovative programs and creative solutions with our clients.

