2008

Occupational science and its relationship to occupational therapy

Alison Wicks

University of Wollongong, wicks@uow.edu.au

Publication Details

Occupational science and its relationship to occupational therapy

Abstract
Hans Jonsson will give a short background on the history and rational behind the development of occupational science, its potential to develop unique knowledge in human development and its relation to occupational therapy and application within health-care.

Keywords
its, relationship, science, therapy, occupational

Publication Details

This conference paper is available at Research Online: http://ro.uow.edu.au/ahsri/548
Occupational science and its relationship to occupational therapy

Alison Wicks
per
Hans Jonsson
ENOTHE-ECOTROS-ISOS Workshop
25 September, 2008
Alice Salomon Hochschule, Berlin
Occupational scientists study doing.

Occupational therapists enable doing.

Together we make the world do better.

(Wilcock, 1998)
Occupation

- the various everyday activities people do as individuals, in families and with communities to occupy time and bring meaning and purpose to life

- includes things people need to, want to and are expected to

(ISOS, 2007)
Occupational science

- the study of occupation and the influences that shape occupation
Occupational therapy

• a profession concerned with promoting health and well being through occupation

• its primary goal is to assist people to participate in the activities of everyday life

• occupational therapists enable people to do things that will enhance their ability to participate or by modify the environment to better support their participation

(WFOT, 2007)
<table>
<thead>
<tr>
<th>Occupational science</th>
<th>Occupational therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>• science</td>
<td>• practice</td>
</tr>
<tr>
<td>• discipline</td>
<td>• profession</td>
</tr>
<tr>
<td>• nature of occupation</td>
<td>• engagement in occupation</td>
</tr>
<tr>
<td>form, function, meaning, context</td>
<td>• client-centred therapy</td>
</tr>
<tr>
<td>• research</td>
<td>• trained as occupational therapists</td>
</tr>
<tr>
<td>• from various backgrounds</td>
<td>(Forwell, 2008)</td>
</tr>
</tbody>
</table>
Relationship between occupational science & occupational therapy

• occupational science:
  - provides foundational knowledge
  - articulates an occupational framework
  - focuses on the profession’s domain of concern

(Kumas-Tan & Townsend, 2003)
• Occupation is the construct.

• Occupational science is the study of occupation.

• Occupational therapy is the practice of maximizing occupational potential.

(Forwell, 2008)
Effects of occupational science on occupational therapy practice

• sharpens our occupational lens

• expands our thinking:
  – from biophysical to occupational
  – from therapeutic use of activity to enabling occupation

(Kumas-Tan & Townsend, 2003)
Scope of occupational science

- relationships between occupation and development
- how occupation changes over the life course
- how people organize daily occupations
- personal and socio-cultural meanings of occupation
- individual and societal functions of occupation
- relationships between occupation and people’s contexts
Scope of occupational science cont.

- how people experience the things they do
- how occupations influence and are influenced by health and well being
- the impact of economics, environmental issues and government policies on people’s occupational opportunities and choices.
- effects of disruption to occupation, occupational injustices, occupational deprivation and occupational apartheid
What type of science?

- Basic - investigating a subject to increase knowledge and understanding about it

- Applied - investigating ways of applying scientific knowledge to practical problems

- Translational = basic + applied
  - identify problem
  - perform needs assessment
  - develop intervention
  - test intervention  (Clark & Lawlor, 2009)
References


