

Occupation narrative

Messages

Definition

An occupation is any activity that we need, want or like to do to live and maintain our physical and mental health, and our emotional and spiritual wellbeing.

Supportive messages

- Occupations vary from person to person depending on their environment, interests and values, and change throughout our lives.
- Occupation is not just work or paid employment. Nor are occupations just activities of daily living. Occupation can be self-care, such as washing, eating or sleeping; productive, such as work, study, caring or domestic activities; and leisure, such as playing sports, hobbies or socialising.
- Occupations are the building blocks of life. They structure our days and help us create new skills.
- Occupations can be activities we do by ourselves or share with others throughout our lives at home, work, study or play.
- Our talents and skills influence the occupations we engage in.
- Occupational therapists find out what people need, want or like to do, and use that to personalise the things they work on together, opening doors to new opportunities and skill development.

Why does occupation matter?

- Occupations are essential to living. They give meaning and purpose to our lives. They shape who we are, help us connect with others and give us our identity and sense of belonging.
- Occupation helps people get the most out of life and enhances our health and quality of life.
- Research supports the use of an occupation-centred approach in specific areas. Focusing on occupation leads to improvements in:
 - people's ability to do the things they need and want to do.¹
 - social relationships, communication and social connection²
 - mood, rest and sleep.³

When does occupation matter?

- Taking part in meaningful occupation matters in any environment but it's particularly important during times of change.
- When we can't do an occupation anymore or we need to adjust the way we do it, because of ill health or other barriers, our sense of self and purpose may change.
- Occupational therapy helps us overcome challenges in carrying out occupations.
- Occupation-centred practice uses occupation as both the means and ends of therapy.

How we will use the narrative elements: assets

Occupation and why it matters

Here is a narrative that explains what occupation is and why it matters. You can use this to help you talk about occupation. You could also use it to update your service information. It's not aimed at occupational therapists, so we haven't used technical terms. **We have a more**

, its we've written it in a way that , but it's written for anyone descriptions. it could also be used to update

explain

written in a way that anyone can understand, so you'll see we haven't used technical terms as it's not aimed at occupational therapists' to help

we've not used aimed at helping people, who aren't occupational therapists, understand written in a way that anyone can understand, it's style that's accessible and und that will help aimed at helping anyone understand help people understand what it is, so you'll

Occupation matters. But what is occupation?

An occupation is any activity that we need, want or like to do to live and to look after our physical and mental health, and our emotional and spiritual wellbeing. We do occupations from the moment we are born, on our own or with others.

Occupation isn't just your job or activities of daily living. An occupation can be self-care, such as washing, eating or sleeping; productive, such as work, study, caring or domestic activities; and leisure, such as playing sports, hobbies or socialising.

We're all different and so are the occupations that matter to us. They vary depending on our environment, interests and values, talents and skills. Our occupations also change throughout our lives.

Occupations are the building blocks of life. But why do they matter?

Occupations are essential to living. They give our lives meaning, purpose and structure. They help shape who we are, connect us with others and help create our identity and sense of belonging. Through occupation we enhance our health and quality of life.

Focusing on occupation leads to improvements in our ability to do the things we need and want to do,¹ our social relationships, communication and connections² as well as our mood, rest and sleep. Error! Bookmark not defined.

Occupations are particularly important when we're going through times of change. When we can't do an occupation anymore or we need to adjust the way we do it, because of ill health or other barriers, our sense of self and purpose may change. This is where occupational therapy comes in.

Occupational therapy puts quality into your life.

Occupational therapists see beyond diagnoses and limitations to hopes and aspirations. They look at relationships between your occupations, the challenges you face and your environment.

Then, they create a plan of goals and adjustments targeted at achieving a specific set of activities. The plan is practical, realistic and personal to you as an individual, to help you achieve the breakthroughs you need to elevate your everyday life.

This support can give people a renewed sense of purpose. And open up new opportunities and change the way people feel about the future.

Occupational therapy helps you live your best life at home, at work – and everywhere else.

2. Posters

Poster example 1

Heading: Occupations: the building blocks of life

Copy: Occupations are any activity that we need, want or like to do to live and to look after our physical and mental health.

Occupation can be:

- self-care: washing, eating, sleeping...
- productive: work, study, caring or domestic activities
- leisure: playing sports, hobbies or socialising.

Occupational therapy helps you live your best life.

Additional text for one version of this poster: If you have a question about occupation, or want to find out more, come and talk to:

[space for the OT or OT team to add contact details]

Poster example 2

Heading: Occupation matters

Copy: Why? Occupations are essential to living.

- They give our lives meaning, purpose and structure.
- They shape who we are, help us connect with others and give us our identity and sense of belonging.

Sometimes in life we find we can't do an occupation anymore or at least not the way we've always done it.

That's when occupational therapy comes in.

Additional text for one version of this poster: If you have a question about occupation, or want to find out more, come and talk to:

[space for the OT or OT team to add contact details]

3. Social media posts

Examples

- Occupation matters
- Mae galwedigaeth o bwys

- Occupations are the building blocks of life
- Galwedigaethau yw blociau adeiladu bywyd

- Occupations are any activity that we need, want or like to do
- Galwedigaeth yw unrhyw weithgaredd rydym angen, eisiau neu hoffi eu gwneud

- Occupations gives meaning and purpose to our lives
- Mae galwedigaeth yn rhoi ystyr a diben i'n bywydau

- Occupations are essential to living.
- Mae galwedigaeth yn hanfodol i fyw

- Occupation isn't just work. It's any activity that's important to us.
- Nid dim ond gwaith yw galwedigaeth, mae'n unrhyw weithgaredd sy'n bwysig i ni.

. Negeseuon cyfryngau cymdeithasol

Say can also include these posts in a carousel that tells the what, why, when of occupation

4. Animation (30 seconds) script and narrative elevator pitch

Occupations are the building blocks of life.

But what are they?

An occupation is any activity
that we need, want or like to do
to live and to look after our physical and mental health.

Occupations matters.

They give us purpose.

They shape who we are.

They help us connect with others.

Occupations are essential to living.

¹ Laverdure P, Beisbier S (2021) Occupation- and activity-based interventions to improve performance of activities of daily living, play, and leisure for children and youth ages 5 to 21: A systematic review, American Journal of Occupational Therapy, 75(1). <https://research.ajot.org/ajot/article-abstract/75/1/7501205050p1/8396/Occupation-and-Activity-Based-Interventions-to?redirectedFrom=fulltext>

² Ng L, Oliver E, Laver K (2023) Beyond garden design: A review of outdoor occupation in hospital and residential care settings for people with dementia, *Australian Occupational Therapy Journal*, 70(1), 97- 118. <https://onlinelibrary.wiley.com/doi/10.1111/1440-1630.12826>

³ Beisbier S, Laverdure P (2020) Occupation- and activity-based interventions to improve performance of instrumental activities of daily living and rest and sleep for children and youth ages 5--21: A systematic review, *American Journal of Occupational Therapy*, 74(2). <https://research.aota.org/ajot/article-abstract/74/2/7402180040p1/6668/Occupation-and-Activity-Based-Interventions-to?redirectedFrom=fulltext>