

**POLICY E.13**

**Subject: Reaffirmation of Commitment to Occupation-Based Practice**

**Code: RA Motion 2017MarB1**

**PURPOSE:** To demonstrate and articulate the Association’s distinct value and commitment to occupation-based practice.

**IT SHALL BE THE POLICY OF THE ASSOCIATION THAT:**

1. Occupation is the core of occupational therapy.
2. “Adopting occupation as the core concept of occupational therapy is a confirmation and commitment to the original mission and purpose of the profession” (Evans, 1987, p. 627).
3. Occupation has been defined as “the things that people do that occupy their time and attention; meaningful, purposeful activity; the personal activities that individuals choose or need to engage in; and the ways in which each individual actually experiences them” (Boyt Schell, Gillen, & Scaffa, 2014, p. 1237).
4. “Achieving health, well-being, and participation in life through engagement in occupation is the overarching statement that describes the domain and process of occupational therapy” (AOTA, 2014, p. S4).
5. It is the profession’s belief that “active engagement in occupation promotes, facilitates, supports, and maintains health and participation” (AOTA, 2014, p. S4) in daily activities that are found to be purposeful and meaningful to the client.
6. Occupational therapy’s distinct value is to improve health and quality of life through facilitating participation and engagement in occupations—the meaningful, necessary, and familiar activities of everyday life. Occupational therapy is client-centered, achieves positive outcomes, and is cost-effective (AOTA, 2015, para 6).
7. Occupation-based practice is operationalized starting with the evaluation, including an occupational profile, selection of occupational goals, and provision of interventions that use occupation as the means of intervention as well as the targeted outcomes of intervention, all as described within the *Occupational Therapy Practice Framework: Domain and Process, 3<sup>rd</sup> Edition (Framework)* (AOTA, 2014).
8. Third-party payers and regulators have called for achievement of outcomes targeted to performance and functional needs.

**Policy E.13 (cont'd)**

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9. The 2017 American Medical Association *Current Procedural Terminology (CPT®)* occupational therapy evaluation codes include language from the *Framework* that focuses on performance of activities and participation and requires conducting an occupational profile to clarify intervention goals and outcomes, as described within the *Framework*.
10. The Association supports and promotes occupation-based practice.
11. Members of the Association shall reaffirm their commitment to occupation-based practice in their individual practice settings in evaluation, intervention, and outcomes identification.
12. Members of the Association shall use the language of the *Framework* when conducting occupational therapy assessments, developing occupational therapy plans of care, and providing occupational therapy interventions, all supported by the *Framework's* emphasis on occupation.
13. Members of the Association shall document and communicate their professional activities using the language of the *Framework* to show clear links between occupation and improved outcomes for payers, supervisors, and interprofessional teams.

**References**

- American Occupational Therapy Association. (2014). Occupational therapy practice framework: Domain and process (3<sup>rd</sup> ed.). *American Journal of Occupational Therapy*, 68(Suppl.\_1), S1–S48. <https://doi.org/10.5014/ajot.2014.682006>
- American Occupational Therapy Association. (2015). *Articulating the distinct value of occupational therapy*. Retrieved from <http://www.aota.org/Publications-News/AOTANews/2015/distinct-value-of-occupational-therapy.aspx>
- Boyt Schell, B. A., Gillen, G., & Scaffa, M. (Eds.). (2014). Glossary. In B. A. Boyt Schell, G. Gillen, & M. Scaffa (Eds.), *Willard and Spackman's occupational therapy* (12<sup>th</sup> ed., pp. 1229–1243). Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins.
- Evans, K. A. (1987). Definition of occupation as the core concept of occupational therapy [Nationally Speaking]. *American Journal of Occupational Therapy*, 41, 627–628. <https://doi.org/10.5014/ajot.41.10.627>

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