

POLICY E.3

Subject: Occupation as the Common Core of Occupational Therapy

Code: RA Resolution 532-79, RA Motion 2003M54, 2006C378, 2011AprC1

PURPOSE: To establish and define occupation as the core concept of the profession.

IT SHALL BE THE POLICY OF THE ASSOCIATION THAT:

1. “The term occupation, as it is used in the Framework, refers to the daily life activities in which people engage. Occupations occur in context and are influenced by the interplay among client factors, performance skills, and performance patterns. Occupations occur over time; have purpose, meaning, and perceived utility to the client; and can be observed by others (e.g., preparing a meal) or be known to only one person involved (e.g., learning through reading a textbook). Occupations can involve the execution of multiple activities for completion and can result in various outcomes. The Framework identifies a broad range of occupations categorized as activities of daily living (ADLs), instrumental activities of daily living (IADLs), rest and sleep, education, work, play, leisure, and social participation.” (OTA 2014, p.S6).
2. “There is universal acceptance within the profession that the use of occupation during the occupational therapy process improves occupational performance. 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 in its fullest sense.” (OTA 2014, p.S4)
3. Educational curricula and continuing education programs shall emphasize occupation as the common core of occupational therapy.
4. Research efforts investigating the effects of the client’s participation in occupation will be supported.

Reference

American Occupational Therapy Association (2014). Occupational therapy practice framework: Domain and process (3rd ed.). *American Journal of Occupational Therapy*, 68(Suppl. 1), S1-S48. <http://dx.doi.org/10.5014/ajot.2014.682006>

Effective: 4/79

Revised: 6/03, 4/06, 4/11, 7/15

BPPC Reviewed: 10/01, 1/02, 1/03, 1/06, 1/11, 7/15