

# HOT Evidence

## Adults With Chronic Conditions: Social Participation and Leisure

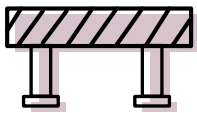
### Why This Matters

- ▶ Living with a chronic condition often presents a **challenge in finding leisure activities** that bring fulfillment, meaning, enjoyment and a sense of purpose.
- ▶ Occupational therapy practitioners should implement interventions that focus on the **outcomes of participation in meaningful life roles** and **engagement in social and leisure participation** as primary outcomes.

### Self-Management for Social Participation and Leisure

#### Evidence-Based Interventions

##### Motivational Interviewing and Coaching



Identify barriers to activity participation and select strategies to overcome barriers



Problem-solving



Set goals

##### Service Delivery



Person-centered and tailored modes of delivery (i.e. telehealth, computer-guided, individual, or group interventions)

### Find the Evidence

Visit [www.aota.org](http://www.aota.org) to review this Critically Appraised Topic Paper from a *Self-Management Interventions for Social and Leisure Participation Among Adults with Chronic Conditions*