



# The Occupational Therapy Perspective of Occupation, Health and Well-Being

*Shirley Murnane*

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Essay from the year 2013 in the subject Physical Therapy / Occupational Therapy, grade: 95% (A+), , course: BSc Occupational Therapy, language: English, abstract: This essay describes, explains and discusses the Occupational Therapy (OT) profession's perspective of the relationship between occupation, health and well-being with reference to how the OT perspective has changed historically through changes in OT paradigms. It describes how occupation is organised (occupational performance areas), and the relevance of participation, balance, the environment, culture and occupational justice to health and well-being. It also, refers to how therapists working in the modern health and social care service use the OT framework based on the philosophy of the contemporary paradigm and conceptual models to provide explanations of the the dynamic relationship between the person, occupation and the environment to guide practice.

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